



Primary School Lunch Menu

Planet Friendly Days

SEPTEMBER - FEBRUARY

(Menu Option 3w)

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Plant Power Quorn Meatballs with Gravy (vg) Seasoned Wedges (vg)	Indian Style Quorn Tikka Masala (v) Steamed Rice (v) / Naan Bread (v)	Traditional Savoury Quorn Mince & Dumpling Mashed Potato (v)	Succulent Roast Quorn Fillet (vg) Sage & Onion Stuffing (v) Roast Potato (v)	Herby Cheese Omelette (v) Chips (vg)
Main Course	Classic Spaghetti Napoli (v) Garlic Bread Slice (v)	Indian Style Chicken Tikka Curry Steamed Rice (v) / Naan Bread (v)	Traditional Savoury Mince & Dumpling Mashed Potato (v)	Succulent Roast Pork Loyn Sage & Onion Stuffing (v) Roast Potato (v)	Fish Fingers or Salmon Bites Chips (vg)
Halal	Choice of Above (v)	Indian Style Chicken Tikka Curry Steamed Rice (v) / Naan Bread (v)	Traditional Savoury Mince & Dumpling Mashed Potato (v)	Succulent Roast Quorn Fillet (vg) Sage & Onion Stuffing (v) Roast Potato (v)	Choice of Above
Chef's Choice of Seasonal Vegetables and Salad Bar (v)(vg) / Jacket Potato - Cheese (v), Tuna Mayo*, Beans (v)(vg) / Sandwiches Options (v)					
Dessert Fresh Fruit (vg), Yoghurt (v), Cheese & Biscuits (v)	Chocolate Crunch Cookie (v)	Sticky Orange Sponge with Chocolate Sauce (v)	Fruit Flapjack (v)	Lemon Drizzle Cake (v)	Frozen Yoghurt (v)
Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Oven Baked Quorn Sausages (vg) Herby Mashed Potato (v)	Handmade Margherita Pizza Slice (v) Seasoned Wedges (vg)	Crispy Quorn Wrap (v) Roast Potato (v) Garlic Mayo Dip (v)	Classic Vegetable Lasagne (v) Garlic Bread Slice (v) Chopped Mixed Salad (vg)	Mexican Style Quorn Wrap Tomato Salsa (v) Chips (vg)
Main Course	Oven Baked Pork Sausages Herby Mashed Potato (v)	North-East Quorn Parmo (v) Seasoned Wedges (vg)	Crispy Chicken Wrap Roast Potato (v) Garlic Mayo Dip (v)	Classic Lasagne Garlic Bread Slice (v) Chopped Mixed Salad (vg)	Oven Baked Battered Fish Chips (vg)
Halal	Oven Baked Chicken Sausages Herby Mashed Potato	Choice of Above (v)	Crispy Chicken Wrap Roast Potato (v) Garlic Mayo Dip (v)	Classic Lasagne Garlic Bread Slice (v) Chopped Mixed Salad (vg)	Choice of Above
Chef's Choice of Seasonal Vegetables and Salad Bar (v)(vg) / Jacket Potato - Cheese (v), Tuna Mayo*, Beans (v)(vg) / Sandwiches Options (v)					
Dessert Fresh Fruit (vg), Yoghurt (v), Cheese & Biscuits (v)	Arctic Ice Cream Roll with Mixed Berries (v)	Apple Crumble Muffin (v)	Ginger Sponge & Custard (v)	Fruit Flapjack (v)	Fruit Medley
Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Oven Baked Cheese & Potato Lattice Seasoned Wedges (vg)	Handmade Mediterranean Pizza Slice (v) Pesto Pasta (v)	Traditional Roast Quorn Fillet (vg) Yorkshire Pudding (v) Roast Potato (v)	American Style Plant Power Cheeseburger (v) Seasoned Wedges (v)	Crunchy Quorn Dippers (vg) Chips (vg)
Main Course	Oven Baked Pork Meatballs in Tomato Sauce with Penne Pasta Focaccia Bread (v)	Handmade Margherita Pizza Slice (v) Pesto Pasta (v)	Traditional Roast Chicken Fillet Yorkshire Pudding (v) Roast Potato (v)	American Style Cheeseburger Seasoned Wedges (v)	Oven Baked Fish Star Chips (vg)
Halal	Oven Baked Cheese & Potato Lattice Seasoned Wedges (vg)	Choice of Above (v)	Traditional Roast Chicken Fillet Yorkshire Pudding (v) Roast Potato (v)	American Style Cheeseburger Seasoned Wedges (v)	Choice of Above
Chef's Choice of Seasonal vegetables and Salad Bar (v)(vg) / Jacket Potato - Cheese (v), Tuna Mayo*, Beans (v)(vg) / Sandwiches Options (v)					
Dessert Fresh Fruit (vg), Yoghurt (v), Cheese & Biscuits (v)	Strawberry Mousse (v)	Lemon Muffin (v)	Fruit Jelly & Vanilla Ice Cream (v)	Chocolate Sponge with Chocolate Custard (v)	Melting Moment Cookie (v)

Week 1	Week 2	Week 3
31 Aug 26	07 Sep 26	14 Sep 26
21 Sep 26	28 Sep 26	05 Oct 26
12 Oct 26	19 Oct 26	02 Nov 26
09 Nov 26	16 Nov 26	23 Nov 26
30 Nov 26	07 Dec 26	14 Dec 26
04 Jan 27	11 Jan 27	18 Jan 27
25 Jan 27	01 Feb 27	08 Feb 27

CHOICE OF DRINKS:

Chilled water
Reduced Fat Milk (v)

Meals are subject to availability
(vg) Plant-Based and Planet-Friendly
(v) Suitable for Vegetarians
* Taking a break on planet friendly days

Newcastle City Council