

2nd Sept / 23rd Sept / 14th Oct / 4th Nov / 25th Nov / 16th Dec / 6th Jan / 27th Jan / 17th Feb

9th Sept / 30th Sept / 21st Oct / 11th Nov / 2nd Dec / 23rd Dec / 13th Jan / 3rd Feb / 24th Feb

16th Sept / 7th Oct / 28th Oct / 18th Nov / 9th Dec / 30th Dec / 20th Jan / 10th Feb

## Week 1

MEAT OPTION

Monday

Chicken Pie With Garlic Bread  
GL - DA

Tuesday

Pork Meatballs With Wholegrain Rice  
GL - SO - SU

Wednesday

Gammon With Roast Potatoes

Thursday

Focaccia Chicken Pizza With Potato Wedges  
GL - DA

Friday

MSC Fish Fingers With Chips  
GL - FI

VEGETARIAN OPTION

Macaroni Cheese & Garlic Bread  
GL - DA - SO

Winter Vegetable Stew with Wholegrain Rice  
GL

Quorn Sausages With Roast Potatoes  
GL - DA - EG 

Spanish Omelette With Potato Wedges  
DA - EG 

Cheese & Mixed Pepper Potato Skins  
DA

JACKET POTATO OPTION

Jacket Potato With Tuna Mayonnaise  
FI - EG

Jacket Potato With Grated Cheese  
DA

Jacket Potato With Cheesy Pantry Slaw  
DA - EG

Jacket Potato With Baked Beans

Jacket Potato With Grated Cheese  
DA

SANDWICH OPTION

Ham, Cheese or Tuna Mayonnaise  
GL - DA - FI - EG

Ham, Cheese or Tuna Mayonnaise  
GL - DA - FI - EG

Ham, Cheese or Tuna Mayonnaise  
GL - DA - FI - EG

Ham, Cheese or Tuna Mayonnaise  
GL - DA - FI - EG

Ham, Cheese or Tuna Mayonnaise  
GL - DA - FI - EG

VEGETABLES

Sweetcorn & Peas

Broccoli & Cauliflower

Carrots & Cabbage

Seasonal Mixed Vegetables

Baked Beans & Peas

DESSERT

Fruit Yoghurt  
DA

Chocolate & Beetroot Cake  
GL - DA - EG - SO

Apple Crumble With Custard  
GL - DA - EG - SO

Iced Carrot Cake  
GL - DA - EG - SO

Fresh Fruit Salad

## Week 2

MEAT OPTION

Monday  
Pork Sausage With New Potatoes  
GL - SO - SU

Tuesday

Beef Pasta Bolognese Bake  
GL - DA

Wednesday

Roast Chicken With Roast Potatoes  
SU

Thursday

Beef Burger With Pantry Slaw  
GL - EG - SE - SO - SU

Friday

Harry Ramsden Fish Fillet With Chips  
GL - FI

VEGETARIAN OPTION

Quorn Sausages With New Potatoes  
GL - DA - EG 

Handmade Margherita Pizza  
GL - DA

Roast Quorn With Roast Potatoes  
DA - EG 

Cheese & Tomato Pasta Bake With Pantry Slaw  
GL - DA - EG

Vegetable Fingers With Chips  
GL

JACKET POTATO OPTION

Jacket Potato With Grated Cheese  
DA

Jacket Potato With Tuna Mayonnaise  
FI - EG

Jacket Potato With Cheesy Pantry Slaw  
DA - EG

Jacket Potato With Grated Cheese  
DA

Jacket Potato With Baked Beans

SANDWICH OPTION

Ham, Cheese or Tuna Mayonnaise  
GL - DA - FI - EG

Ham, Cheese or Tuna Mayonnaise  
GL - DA - FI - EG

Ham, Cheese or Tuna Mayonnaise  
GL - DA - FI - EG

Ham, Cheese or Tuna Mayonnaise  
GL - DA - FI - EG

Ham, Cheese or Tuna Mayonnaise  
GL - DA - FI - EG

VEGETABLES

Sweetcorn & Green Beans

Broccoli & Peas

Carrots & Parsnips

Seasonal Mixed Vegetables

Baked Beans & Peas

DESSERT

Rice Pudding & Raspberry Jam  
DA

Apple Pie & Custard  
GL - DA - EG - SO

Mandarin Jelly With Fruit Pieces

Upside down Pineapple Cake  
GL - DA - EG - SO

Fresh Fruit Salad

## Week 3

MEAT OPTION

Monday  
Chicken Burger With Pantry Slaw  
GL - EG - SE

Tuesday

Beef Cottage Pie  
GL - DA

Wednesday

Roast Beef With Roast Potatoes

Thursday

Chicken Wraps & Wholegrain Rice  
GL

Friday

MSC Salmon or White Fish Fingers With Chips  
GL - FI

VEGETARIAN OPTION

Vegetarian Burger With Pantry Slaw  
GL - EG - SE

Two Cheese Pizza With Wedges  
GL - DA

Linda McCartney Sausage With Roast Potatoes  
GL - SO - SU

Vegetarian Lasagne With Garlic Bread  
GL - DA - SO

Quorn Dippers With Chips  
GL - DA - EG 

JACKET POTATO OPTION

Jacket Potato With Grated Cheese  
DA

Jacket Potato With Tuna Mayonnaise  
FI - EG

Jacket Potato With Cheesy Pantry Slaw  
DA - EG

Jacket Potato With Grated Cheese  
DA

Jacket Potato With Baked Beans

SANDWICH OPTION

Ham, Cheese or Tuna Mayonnaise  
GL - DA - FI - EG

Ham, Cheese or Tuna Mayonnaise  
GL - DA - FI - EG

Ham, Cheese or Tuna Mayonnaise  
GL - DA - FI - EG

Ham, Cheese or Tuna Mayonnaise  
GL - DA - FI - EG

Ham, Cheese or Tuna Mayonnaise  
GL - DA - FI - EG

VEGETABLES

Peas & Carrots

Broccoli & Sweetcorn

Seasonal Mixed Vegetables

Carrot & Cauliflower

Baked Beans & Peas

DESSERT

Fruit Yoghurt  
DA

Lemon Drizzle Cake  
GL - DA - EG - SO

Peach Crumble & Custard  
GL - DA - EG - SO

Eves Pudding  
GL - DA - EG - SO

Fresh Fruit Salad

# Primary School Menu

## Winter Menu 2019



Freshly Baked Bread, Salad Bar & Fresh Fruit are available daily

Bread Contains - GL - DA - EG - SO / Yoghurt Contains - DA



### ALLERGY KEY

CELERY - CE / GLUTEN - GL / CRUSTACEANS - CR / EGGS - EG / FISH - FI / LUPIN - LU / DAIRY - DA  
MOLLUSCS - MO / MUSTARD - MU / NUTS - NU / PEANUTS - PE / SESAME SEEDS - SE / SOYA - SO / SULPHUR - SU