

PRIMARY SCHOOL LUNCH MENU

Oct 2023–24



23/10, 13/11, 4/12, 25/12, 15/01, 05/02, 26/02, 18/03, 08/04, 29/04, 20/05, 10/06, 01/07, 22/07, 12/08, 02/09, 23/09

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main 1	Golden Breaded MSC Fish with chips & garden peas (F)	Oriental Vegetable & Quorn Singapore Noodles (V)	Red Tractor Chicken & Gravy with yorkshire pudding, baby boils & carrots (CH)	Macaroni Pasta with mature cheddar cheese, herby bread & mixed salad (V)	Chickpea, Sweet Potato & Spinach Curry with wild rice & green beans (V)
Main 2	Cheddar Cheese Toasties with sweet potato wedges, shredded lettuce & grated carrot (V)	Freshly Made Sausage Roll with mashed potatoes & baked beans (P)	Margherita Pizza with diced potatoes & crunchy coleslaw (V)	MSC Fish Fingers with mashed potatoes & baked beans (F)	Scotch Quorn Burger in a Bun with seasoned wedges & crunchy salad (V)

30/10, 20/11, 11/12, 1/01, 22/01, 12/02, 04/03, 25/03, 15/04, 06/05, 27/05, 17/06, 08/07, 29/07, 19/08, 09/09, 30/09

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main 1	Tikka Chicken in a Warm Wrap with mixed salad (CH)	Savoury Meatballs with Pasta in Tomato Sauce & sweetcorn (V)	Traditional Steak Pie with baby boils & sliced carrots (B)	Red Tractor Chicken Curry with wild rice & garden peas (CH)	MSC Fish Goujons with spicy wedges & sweetcorn (F)
Main 2	Roasted Tomato & Red Pepper Pasta with seasonal veg & herby bread (V)	Cheesy Beanos with diced potatoes & crunchy salad (V)	Sticky BBQ Quorn Dippers with tortilla wrap & mixed salad (V)	Margherita Pizza with seasoned wedges & crunchy coleslaw (V)	Southern Style Quorn Burger in Bun with hash brown & sliced tomato (V)

06/11, 27/11, 18/12, 08/01, 29/01, 19/02, 11/03, 01/04, 22/04, 13/05, 03/06, 24/06, 15/07, 05/08, 26/08, 16/09, 07/10

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main 1	Free Range Folded Omelette with diced potatoes & baked beans (V)	Macaroni Pasta with Mature Cheddar Cheese Sauce with herby bread & garden peas (V)	Nut Free Chicken Satay with wild rice & sliced peppers (CH)	Farm assured Beef Bolognese Pasta Bake with garlic bread & green beans (B)	Vegetarian Sausages in Onion Gravy with mashed potatoes & broccoli (V)
Main 2	Tomato Pasta with roasted vegetables & garlic bread (V)	MSC Fish Fingers with Pitta Bread with shredded lettuce & mayonnaise (F)	Margherita Pizza with seasoned wedges & crunchy coleslaw (V)	Cheese Panini with diced potatoes & summer corn salad (V)	Crispy Chicken Burger in a Warm Bun with shredded lettuce & sweet potato wedges (CH)

DAILY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Starter included with all meal choices	Lentil & Vegetable Soup with bread selection	Crackers & Cheese with sliced apple	Vegetable Noodle Soup with bread selection	Melon Slices with bread selection	Spring Vegetable Soup with bread selection
Filled Baked Potatoes Filled Sandwiches Baguettes (G) (S) Served with salad	Cheese (M) Tuna Mayonnaise (F) (E) Egg Mayonnaise (E) Sliced Chicken (CH) Flaked Salmon (F)	Cheese (M) Tuna Mayonnaise (F) (E) Egg Mayonnaise (E) Sliced Chicken (CH) Ham (P)	Cheese (M) Tuna Mayonnaise (F) (E) Egg Mayonnaise (E) Sliced Chicken (CH) Ham (P)	Cheese (M) Tuna Mayonnaise (F) (E) Egg Mayonnaise (E) Sliced Chicken (CH) Ham (P)	Cheese (M) Tuna Mayonnaise (F) (E) Egg Mayonnaise (E) Sliced Chicken (CH) Flaked Salmon (F)
Dessert included with all meal choices	Fresh Fruit Platter	Ice Cream & Fresh Fruit	Fresh Fruit Platter	Chocolate Brownie	Fresh Fruit Platter

ALL MEALS INCLUDE EACH OF THE FOLLOWING OPTIONS:

- STARTER AND DESSERT
- DRINK OPTION INCLUDING: PLAIN MILK OR WATER
- CRUDITIES PORTION: SLICED PEPPERS, BABY CORN, CUCUMBER, 1/2 CHERRY TOMATOES

HALAL ALTERNATIVES ARE AVAILABLE FOR ALL HOT MEAL CHOICES ON RECEIPT OF A CULTURAL DIET MEAL REQUEST FORM.

ALLERGY INFORMATION IS AVAILABLE ON RECEIPT OF A COMPLETED MEDICALLY PRESCRIBED DIET MEAL REQUEST FORM. PLEASE CONTACT YOUR SCHOOL CATERING MANAGER FOR FURTHER INFORMATION AND TO OBTAIN A FORM.

PRODUCTS: CHICKEN (CH) PORK (P) BEEF (B) VEGETARIAN (V) FISH (F) HAM (P). MAY CONTAINS ARE NOT INCLUDED. IF YOU REQUIRE FURTHER ALLERGY INFORMATION, PLEASE SPEAK TO A MEMBER OF THE CATERING STAFF.

PLEASE NOTE: AFTER ANY HOLIDAY THE 1ST DAY BACK WILL ALWAYS BE THE MONDAY MENU AND THEN THE NORMAL DAYS WILL FOLLOW. ITEM IN BOLD DENOTES THE PRE ORDER NAME FOR MEAL AND ACCOMPANYING ITEMS.