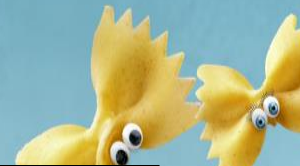






Primary Lunch Menu Autumn 2021



Lunch Menu

Week 1 - Mains



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Burrito (V)  A soft wrap filled with lightly spiced veggies and rice	Chicken Tikka Masala Curry Served with fluffy Rice	Roast Chicken with Roast Potatoes and Gravy Succulent roast chicken with fluffy roasties and tasty gravy	Beef Bolognese **  A classic Italian beef Bolognese in a yummy tomato sauce	Golden Fish Fingers and Chips Crispy Fish Fingers and scrummy chips
Alternative Dish	Cheese & Tomato Pizza	Mild Sweet Potato Curry Served with Fluffy Rice	Quorn Roast with Roast Potatoes and Gravy (V) 	Sweetcorn Tortilla Pie	Quorn Dippers and Chips (V) Crispy Quorn nuggets with their fav sauce – ketchup
Third Choice		Jacket Potato with Salmon Mayonnaise ***			
Salads	A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot.				
Jacket Potato	Jacket Potato With A Choice Of Fillings 				
Pasta	Tomato Pasta ** (V) A delicious fresh, homemade tomato sauce with penne pasta				
Vegetables	Green Beans Sweetcorn	Peas Broccoli	Carrots Cabbage	Broccoli Sweetcorn	Baked Beans Peas
Desserts	Raspberry Ripple Ice-Cream	Secret Brownie	Shortbread Biscuit with Fruit Slices*	Fruity Oaty Crumble* with Custard	Chocolate and Raspberry Swirl Cake

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily






*Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian

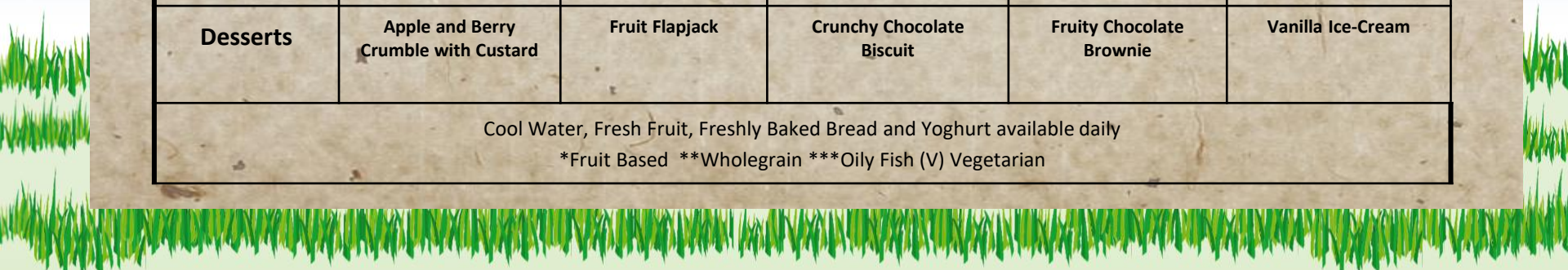


Lunch Menu

Week 2 - Mains







	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Veggie Bolognese **(V)  Penne pasta in a yummy tomato and Quorn sauce	Pork Sausage with Mashed potato and Gravy	Roast Turkey with Roast Potatoes and Gravy Succulent roast turkey with fluffy roasties and tasty gravy	Cottage Pie  A classic cottage pie with veg and gravy	Golden Fish Fingers and Chips Crispy Fish Fingers and scrummy chips
Alternative Dish	Cheese and Tomato Pizza ** with Dough Balls (V) Cheesy Tomato Topped Pizza Slice	Quorn Sausage With Mashed potato and Gravy 	Quorn Roast with fluffy roasties and tasty gravy	Mild Chickpea and Potato Curry (V) ** Served with Wholemeal Rice	Tomato Veggie Burger with Chips (V)  A delicious homemade veggie burger
Salads	A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot.				
Jacket Potato	Jacket Potato With A Choice Of Fillings				
Pasta	Tomato Pasta ** (V)  A delicious fresh, homemade tomato sauce with penne pasta				
Vegetables	Carrot Sticks Cucumber Sticks	Peas Broccoli	Carrots Cabbage	Green Beans Sweetcorn	Baked Beans Peas
Desserts	Apple and Berry Crumble with Custard	Fruit Flapjack	Crunchy Chocolate Biscuit	Fruity Chocolate Brownie	Vanilla Ice-Cream
Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily *Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian					



Lunch Menu

Week 3 - Mains



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Cheese and Tomato Pizza	Macaroni Cheese Lovely Cheesy Pasta	Roast Gammon <i>with Roast Potatoes and Gravy</i> Succulent roast pork with fluffy roasties and tasty gravy	Beef Bolognese  Served with Wholemeal Pasta**	Golden Fish Fingers <i>and Chips</i> Crispy Fish Fingers and scrummy chips
Alternative Dish	Veggie Sausage and Mash with Gravy (V) Fluffy mash with veggie sausages and rich gravy 	Vegetable Lasagne served with a bread wedge (V) ** Delicious sheets of pasta layered with veggies and tomato sauce	Quorn Roast <i>with Roast Potatoes and Gravy</i> (V)	Veggie Mince Bolognese Served with Wholemeal Pasta	Soft Taco and Chips (V) A soft taco shell filled with a yummy veggie tomato chilli 
Salads	A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot.				
Jacket Potato	Jacket Potato  A Choice Of Fillings				
Pasta	Tomato Pasta ** (V) A delicious fresh, homemade tomato sauce with penne pasta				
Vegetables	Peas Carrots	Sweetcorn Broccoli	Carrots Cabbage	Green Beans Sweetcorn	Baked Beans Peas
Desserts	Oatie Biscuit with Fruit Slices*	Strawberry Yoghurt	Strawberry Ice Cream	Chocolate Sponge Cake	Crispy Snow Bar

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

*Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian

