

# PRIMARY MENU



Week 1 w/c 19th February	PROUDLY <b>MEAT FREE</b> SUPPORTING	Tuesday	Wednesday	Thursday	Friday
<b>Soup of the Day</b>	Carrot & Coriander	Tomato & Basil	Chef Choice	Pea & Spinach	Chef Choice
<b>Main Meal</b>	Wholemeal Pizza & Wedges	Wholemeal Spaghetti Bolognese with Salad & Garlic Bread	Chicken Fajita Wraps with Onions, Tomatoes & Peppers	Ham Roast Dinner with Cauliflower Cheese & Roast Potatoes	Fish Cake or Fish Fingers with Chips & Mushy Peas
<b>Meat Free Main Meal</b>	Spanish Omelette	Vegetarian Sausage Toasties	Cheese & Red Onion Quiche	Vegetarian Chilli & Rice	Veggie Fingers
<b>Side dish</b>	Wedges	Wholemeal Spaghetti	Wholemeal Rice	Potatoes	Chips
<b>Vegetable</b>	Peppers	Tomatoes	Onions, Peppers & Tomatoes	Carrots & Cauliflower	Mushy Peas
<b>Dessert</b>	Fresh Fruit salad	Fresh Fruit Trifle	Sticky Toffee Pudding	Bakewell Cherry Slice	Cheese & Crackers

Jacket Potatoes with tuna, cheese or beans, Salad, Hummus, Fresh Fruit & Yoghurts available daily

Ask Chef about the Daily Special

Please speak to a member of school staff about any dietary requirements

# PRIMARY MENU



Week 2 w/c 26th February	PROUDLY MEAT Monday FREE SUPPORTING	Tuesday	Wednesday	Thursday	Friday
<b>Soup of the Day</b>	Chef Choice	Red Pepper Soup	Tomato & Basil	Broccoli & Cheddar	Leek & Potato
<b>Main Meal</b>	Tomato & Basil Pasta	Beef Chilli Tacos with Tortilla Chips	All Day Breakfast	Scouse with Crusty Bread & pickled Beetroot	Fish Fingers with Chips & Garden Peas
<b>Meat Free Main Meal</b>	Vegetarian Chilli & Rice	Asian Noodles	Roasted Red Pepper Quiche	Quorn Stovies	Welsh Rarebit
<b>Side dish</b>	Wholemeal Pasta	Wraps	Toast	Crusty Bread	Chips
<b>Vegetable</b>	Tomatoes	Carrots	Mushroom	Beetroot	Garden Peas
<b>Dessert</b>	Sponge Cake & Custard	Ginger Biscuits	Fresh Fruit Salad	Fresh Fruit Trifle	Barabritth

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# PRIMARY LUNCH MENU



Week 3 w/c 4th March	PROUDLY <b>MEAT FREE</b> SUPPORTING <i>Mondays</i>	Tuesday	Wednesday	Thursday	Friday
<b>Soup of the Day</b>	Chef Choice	Tomato & Basil	Broccoli & Cheddar	Roasted Pepper	Chinese Sweetcorn
<b>Main Meal</b>	Quorn Mince Cottage Pie	Chinese Chicken Curry with Rice & Prawn Crackers	Chef Daniel's Beef & Bean Quesadillas	Beef Stifado with Rice	Fish Fingers or Tandoori Salmon with Chips & Garden Peas
<b>Meat Free Main Meal</b>	Broccoli and Cream Cheese Pasta Bake	Salmon Fish pie	Vegetable & Lentil Stew	Vegan Ravioli in Homemade Tomato Sauce with Crusty Bread	Veggie Sausage Roll
<b>Side dish</b>	Mash	wholegrain Rice	wraps	wholegrain Rice	Chips
<b>Vegetable</b>	Tomatoes	white Cabbage	Carrots	Shallots	Peas
<b>Dessert</b>	Fresh Fruit Salad	Apple Flapjacks	Sponge Cake with Jam & Whipped Cream	Shortbread Biscuits	Cheese and Crackers

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# PRIMARY LUNCH MENU



Week 4 w/c 11th March	PROUDLY <b>MEAT FREE</b> SUPPORTING <i>Mondays</i>	Tuesday	Wednesday	Thursday	Friday
<b>Soup of the Day</b>	Chef Choice	Roasted Vegetable	Lentil	Red Pepper Soup	Chinese Sweetcorn
<b>Main Meal</b>	Cheesy Beans Pasta Bake	Chicken pie with New Potatoes & Baby Carrots	Meatball Sub with Tortilla Chips & Salad	Carbonara Penne Pasta Bake, with sweetcorn & Homemade Garlic Bread	Fish Fingers or Tandoori Salmon with Chips & Garden Peas
<b>Meat Free Main Meal</b>	Cherry Tomato & Cheese Quiche with Salad	Veggie Toad in the Hole	Vegetable Paella	Vegetable & Rice Enchiladas	Veggie Sausage Roll
<b>Side dish</b>	Wholemeal Pasta	New Potatoes	Crusty Bread	Wholemeal Pasta	Chips
<b>Vegetable</b>	Tomatoes	Baby Carrots	Beetroot	Sweetcorn	Garden Peas
<b>Dessert</b>	'Chocolate' Fudge Cake	Ginger Biscuits	Pineapple & Coconut Sponge	Scones & Whipped Cream	Cheese and Crackers

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# PRIMARY LUNCH MENU



Week 5 w/c 18th March	PROUDLY <b>MEAT FREE</b> SUPPORTING <i>Mondays</i>	Tuesday	Wednesday	Thursday	Friday
<b>Soup of the Day</b>	Carrot & Coriander	Broccoli & Cheddar	Chef Choice	Pea	Chinese Sweetcorn
<b>Main Meal</b>	Wholemeal Pizza & Wedges	Homemade Chicken Korma with wholegrain Rice, Green Beans & Mango Chutney	Sausage & Homemade Mash with Gravy & Peas	Spaghetti Beef Bolognese	Fish Fingers with Chips & Garden Peas
<b>Meat Free Main Meal</b>	Meat Free Burritos	Vegetable & Lentil Stew	Tomato & Basil Pasta	Spanish Omelette with Salad	Veggie Sausage Roll
<b>Side dish</b>	Wedges	Wholegrain Rice	Mash	Spaghetti	Chips
<b>Vegetable</b>	Peppers	Green Beans	Peas	Onions	Garden Peas
<b>Dessert</b>	Fresh Fruit Salad	Apple Flapjacks	Iced Sponge Cake with Custard	German Apple Cake	Cheese and Crackers

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# PRIMARY LUNCH MENU



Week 6 w/c 25th March	PROUDLY <b>MEAT Monday FREE</b> SUPPORTING	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Chef Choice	Tomato & Basil	Red Pepper Soup	Chef Choice	<p><b>HAPPY EASTER</b></p>
Main Meal	Quorn Stovies	Sausage Casserole with Pasta	Steak & Vegetable Shortcrust Pie with New potatoes and Peas	Chicken Fajita Wraps with Onions, Peppers & Tomatoes	
Meat Free Main Meal	welsh Rarebit	Quorn Mince Cottage Pie with Baby Carrots	Vegetable & Rice Enchiladas	Cheese & Red Onion Quiche	
Side dish	Potatoes	Wholemeal Pasta	New Potatoes	Wholemeal Rice	
Vegetable	Tomatoes	Baby Carrots	Peas	Peppers	
Dessert	'Chocolate' Fudge Cake	Oat Cookies	Sticky Toffee Pudding	Fresh Fruit Salad	

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