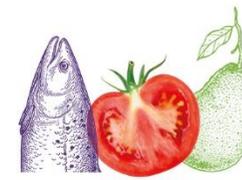


Primary Lunch Menu



Week Commencing 17/04/23

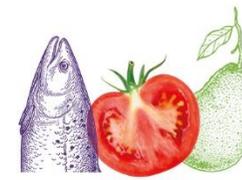
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We provide a variety of seasonal hot and cold dishes for children to freely choose from	Tomato Pasta Bake with Homemade Garlic Bread and Salad	Homemade Cumberland Sausage Slice served with Wedges and Beans	Homemade Chinese style Chicken Curry served with Rice and Prawn crackers	Spaghetti Bolognese served with Crusty Bread and Green Beans	Fish Fingers or Fish Pie Served with Chips and Garden Peas
Alternative Jacket potatoes with tuna and other fillings available daily	Vegetable Singapore Fried Rice	Cheese and Tomato Panini	Quorn Mince Cottage Pie	Cheese Plate Pie	Veggie Sausage Roll
Homemade Soup	Roasted Vegetable	Tomato and Basil	Pea and Mint	Curried Cauliflower	Tomato and Red Pepper
Starchy Food Various bread choices available	Pasta	Wedges	Rice	Spaghetti	Chips
Vegetables Salad Bar with Hummus	Fresh salads	Beans	Cabbage	Green Beans	Garden Peas
Dessert Fresh fruit, selection of low-fat yoghurts and homemade puddings available every lunch time	Marble Cake Yoghurts	Oat Cookies Fresh Fruit	Carrot Cake Yoghurts	Fresh Fruit Salad Fresh Fruit	Cheese and Crackers Mixed Flavour Yoghurts

Ask for daily chef specials

All our meat is sourced from local suppliers, we use free range eggs and organic flour where possible. All our fruit and vegetables are locally sourced where possible. Halal options available.

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Primary Lunch Menu



Week Commencing 24/04/23

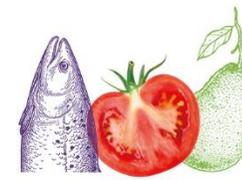
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We provide a variety of seasonal hot and cold dishes for children to freely choose from	Homemade Wholemeal Pizza served with Wedges and Beans or Coleslaw	Homemade Spanish Chicken served with Rice and Green Beans	Homemade Macaroni Cheese topped with Chilli con Carne	Meatball Sub Served with Fresh Salad and Tortilla Chips	Homemade Battered Fish with Chips and Minted Mushy Peas
Alternative Jacket potatoes with tuna and other fillings available daily	Pesto Pasta	Roasted Pepper Tomato Quiche	Vegetarian Chilli with Rice	Vegetable and Cheese Quesadillas	Veggie Curry with Rice
Homemade Soup	Chef Choice	Split Pea	Chinese Sweetcorn	Leek and Potato	Chef Choice
Starchy Food Various bread choices available	Homemade Pizza Base	Rice	Pasta	Bread	Chips
Vegetables Salad Bar with Hummus	Carrots	Green Beans	Mushrooms	Tomatoes and Cucumber	Mushy Peas
Dessert Fresh fruit, selection of low-fat yoghurts and homemade puddings available every lunch time	Fresh Fruit Salad Mixed Yoghurts	Vanilla Cheesecake Fresh Fruit	Wet Nelly and Custard Yoghurts	Apple Flapjacks Fresh Fruit	Cheese and Crackers Mixed Flavour Yoghurts

Ask for daily chef specials

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Primary Lunch Menu



Week Commencing 01/05/23

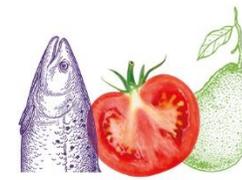
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We provide a variety of seasonal hot and cold dishes for children to freely choose from	Veggie Stir Fry served with Noodles and Spring Rolls	Chicken Shawarma Wraps served with Rice and Coleslaw	Ham Roast Dinner Served with Seasonal Vegetables, and Roast New Potatoes	Spaghetti Bolognese served with Fresh Salad and Garlic Bread	Fish Cake or Fish Fingers and Chips served with Mushy Peas
Alternative Jacket potatoes with tuna and other fillings available daily	Cherry Tomato Quiche served with Crisp Fresh Salad	Tuna Pasta with Cucumber and Red Onion	Twice Baked Jacket Potatoes	Cheese and Tomato Toasties	Tandoori Salmon served with Pitta Bread
Homemade Soup	Chef Choice	Leek and Potato	Red pepper Soup	Tomato and Basil	Chef Choice
Starchy Food Various bread choices available	Noodles	Rice	Roast New Potatoes	Spaghetti	Chips
Vegetables Salad Bar with Hummus	Tomatoes	Carrots	Cabbage	Tomatoes	Mushy Peas
Dessert Fresh fruit, selection of low-fat yoghurts and homemade puddings available every lunch time	Ginger Biscuits Fresh Fruit	Sponge Cake and Custard Fresh Fruit	Fresh Fruit Salad Yoghurts	Fresh Fruit Trifle Fresh Fruit	Cheese and Crackers Mixed Flavour Yoghurts

Ask for daily chef specials

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Primary Lunch Menu



Week Commencing 08/05/23

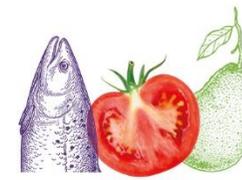
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
					
Main Meal We provide a variety of seasonal hot and cold dishes for children to freely choose from	Homemade Pizza with Wholemeal Pizza Base served with Homemade Wedges and Salad	Eurovision Party day Ideas: A Selection of Sandwiches and Wraps Swedish Meatball Subs	Carbonara Penne Pasta Bake served with Homemade Garlic Bread	Chicken Katsu Curry served with Rice	Homemade Battered Fish, Chips & Beans
Alternative Jacket potatoes with tuna and other fillings available daily	Broccoli and Cream Cheese Pasta Bake	Tomato Bruschetta Sausage Rolls Hummus and Vegetable Yoghurt Mint Dip	Spanish Omelette served with Crisp Salad	Vegetable Paella	Veggie Sausage Rolls
Homemade Soup	Carrot and Coriander	Pea Soup	Red pepper Soup	Chef Choice	Chef Choice
Starchy Food Various bread choices available	Pizza Base	New Potatoes	Pasta	Mashed Potato	Chips
Vegetables Salad Bar with Hummus	Peppers	Green Beans	Tomatoes	Peas	Baked Beans
Dessert Fresh fruit, selection of low-fat yoghurts and homemade puddings available every lunch time	Fresh Fruit Salad Fresh Fruit	German Apple Cake Fresh Fruit	Sticky Toffee Pudding Yoghurts	Apple Flapjacks Fresh Fruit	Rich Chocolate Chip Cookies Mixed Flavour Yoghurts

Ask for daily chef specials

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Primary Lunch Menu



Week Commencing 15/05/23

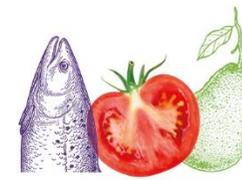
Week 5 (National Vegetarian Week)	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We provide a variety of seasonal hot and cold dishes for children to freely choose from	Veggie Stir Fry served with Noodles and Spring Rolls	Veggie Burger in a Bun Served with Wedges and Beans	Veggie Sausage and Homemade Mashed Potato with Gravy and Peas	Quorn Mince Cottage Pie, served with Peas and Onion Gravy	Homemade Battered Fish with Chips and Minted Mushy Peas
Alternative Jacket potatoes with tuna and other fillings available daily	Tomato and Basil Pasta	Vegetable Biryani	Cheese and Tomato Panini	Homemade Cheese and Onion Quiche	Homemade Chip shop Curry Sauce with Basmati Rice
Homemade Soup	Chef Choice	Chinese Sweetcorn	Chef Choice	Chef Choice	Chef Choice
Starchy Food Various bread choices available	Noodles	Wedges	Mashed Potato	Mashed Potato	Chips
Vegetables Salad Bar with Hummus	Peppers	Beans	Peas	Onions	Mushy Peas
Dessert Fresh fruit, selection of low-fat yoghurts and homemade puddings available every lunch time	Apple and Oat Crumble with Pouring Cream Fresh Fruit	Homemade Rice Pudding served with Strawberry Jam Fresh Fruit	Iced Sponge Cake with Custard Fresh Fruit	Fresh Fruit Salad Yoghurts	Cheese and Crackers Mixed Flavour Yoghurts

Ask for daily chef specials

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Primary Lunch Menu



Week Commencing 22/05/23

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We provide a variety of seasonal hot and cold dishes for children to freely choose from	Vegan Ravioli in Homemade Tomato Sauce served with Crusty Bread	Slow Cooked Chicken Tagine served with Cous Cous and Greek Yoghurt Dip	Homemade Chicken Tikka Curry served with Basmati Rice, Green Beans and Mango Chutney	Homemade Cottage Pie served with Peas and Carrots	Fish Fingers served with Chips and Garden Peas
Alternative Jacket potatoes with tuna and other fillings available daily	Spanish Omelette	Roasted Red Pepper Quiche	Vegetable Stir Fry	Vegetable Quesadillas	Veggie Sausage Roll
Homemade Soup	Chef Choice	Tomato and Basil	Broccoli and Cheddar	Chef Choice	Chinese Sweetcorn
Starchy Food Various bread choices available	Ravioli Pasta	Cous Cous	Basmati Rice	Mash Potato	Chips
Vegetables Salad Bar with Hummus	Tomatoes	Cauliflower	Green Beans	Carrots and Peas	Garden Peas
Dessert Fresh fruit, selection low-fat yoghurts and homemade puddings available every lunch	Fresh Fruit Salad Fresh Fruit	Shortbread Biscuits Fresh Fruit	Sponge Cake topped with Jam and Whipped Cream Yoghurts	Apple Flapjacks Fresh Fruit	Cheese and Crackers Mixed Flavour Yoghurts

Ask for daily chef specials

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