

# Menu Primary Menu 2022

Week A- .



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>Main course</b>	<b>Meat</b>	Chicken and Tomato Pasta Bake	Homemade Beef Burger	Roast Turkey and Stuffing	Sweet and Sour Chicken	Ham & Cheese Quiche
	<b>Fish</b>		Salmon Fishcake			Cod Fish Fingers
	<b>Vegetarian</b>	Macaroni Cheese(V)	Vegetable Sausage (V)	Quorn Roast and Stuffing(V)	Broccoli and Cauliflower Cheese Bake(V)	Mozzerella Sticks (V)
	<b>Jacket Potato</b>	Jacket Potato with: Beans, Cheese	Jacket Potato with: Beans, Cheese, Tuna	Jacket Potato with: Beans, Cheese, Tuna	Jacket Potato with: Beans, Cheese, Tuna	Jacket Potato with: Beans, Cheese, Tuna
	<b>Packed Lunch</b>	Bread roll filled with Ham, Cheese or Tuna Salad sticks/fresh fruit	Bread roll filled with Ham, Cheese or Tuna Salad sticks/fresh fruit	Bread Roll filled with Ham, Cheese or Tuna Salad sticks/fresh fruit	Bread Roll filled with Ham, Cheese or Tuna Salad sticks/fresh fruit	Bread Roll filled with Ham, Cheese or Tuna Salad sticks/fresh fruit
<b>Starchy food</b>	Pasta	Wedges	Roast Potatoes	Rice	Chips	
	Bread Roll	Bread Roll	Bread Roll	Bread Roll	Bread Roll	
<b>Choose Vegetables</b>	Broccoli Cauliflower	Green Cabbage Rainbow Salad Sticks	Carrots Green Beans	Sweetcorn Rainbow Salad Sticks	Peas	
<b>OR Salad</b>	Mixed Salad Bar	Mixed Salad Bar	Mixed Salad Bar	Mixed Salad Bar	Mixed Salad Bar	
	Coleslaw	Coleslaw	Coleslaw	Coleslaw	Coleslaw	
<b>Dessert (Choose 1)</b>	Chocolate Cookie Fruit Yoghurt Fruit Salad Grapes, Apple Banana, Satsuma	Fruit and Yogurt Fruit Yoghurt Fruit Salad Grapes, Apple Banana, Satsuma	Rice Krispy Cake Fruit Yoghurt Fruit Salad Grapes, Apple Banana, Satsuma	Fruit Jelly Fruit Yoghurt Fruit Salad Grapes, Apple Banana, Satsuma	Chocolate Orange Muffin Fruit Yoghurt Fruit Salad Grapes, Apple Banana, Satsuma	

# Menu Primary Menu 2022

Week B-



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>Main course</b>	<b>Meat</b>	Beef Lasagne	Mild Chicken Curry	Roast Beef and Yorkshire pudding	Tuna and Sweetcorn pasta bake	Chicken Goujons
	<b>Fish</b>		Cod Fishcake			Cod Goujons
	<b>Vegetarian</b>	Vegetable Lasagne (V)	Quorn Sausages (V)	Vegetable Stuffed Yorkshire Puddings(V)	Cheese Pizza (V)	Quorn Nuggets and tomato sauce (V)
	<b>Jacket Potato</b>	Jacket Potato with: Beans,Cheese	Jacket Potato with: Beans, Cheese,Tuna	Jacket Potato with: Beans, Cheese,Tuna	Jacket Potato with: Beans,Cheese, Tuna	Jacket Potato with: Beans, Cheese,Tuna
	<b>Packed Lunch</b>	Bread roll filled with Ham, Cheese or Tuna Salad sticks/fresh fruit	Bread roll filled with Ham, Cheese or Tuna Salad sticks/fresh fruit	Bread roll filled with Ham, Cheese or Tuna Salad sticks/fresh fruit	Bread roll filled with Ham, Cheese or Tuna Salad sticks/fresh fruit	Bread roll filled with Ham, Cheese or Tuna Salad sticks/fresh fruit
<b>Starchy food</b>	Garlic Bread	Rice	Roast Potatoes	Pasta	Chips	
	Bread Roll	Bread Roll	Bread Roll	Bread Roll	Bread Roll	
<b>Choose Vegetables</b>	Broccoli Cauliflower	Green Beans Rainbow Salad Sticks	Green Cabbage Carrots	Sweetcorn Rainbow Salad Sticks	Peas	
<b>OR Salad</b>	Mixed Salad Bar	Mixed Salad Bar	Mixed Salad Bar	Mixed Salad Bar	Mixed Salad Bar	
	Coleslaw	Coleslaw	Coleslaw	Coleslaw	Coleslaw	
<b>Dessert (Choose 1)</b>	Lemon Cookie Fruit Yoghurt Fruit Salad Grapes, Apple Banana,Satsuma	Fruit and Yogurt Fruit Yoghurt Fruit Salad Grapes, Apple Banana, Satsuma	Carrot Cake Fruit Yoghurt Fruit Salad Grapes, Apple Banana, Satsuma	Fruit and Jelly Fruit Yoghurt Fruit Salad Grapes, Apple Banana, Satsuma	Banana and Toffee Muffins Fruit Yoghurt Fruit Salad Grapes, Apple Banana, Satsuma	

# Menu Primary Menu 2022

Week C-



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>Main course</b>	<b>Meat</b>	Ham and Pineapple Pizza	Pork Sausages	Roast Chicken and Stuffing	Beef Bolognaise	Chicken Goujons
	<b>Fish</b>		Fish fingers			Cod in batter
	<b>Vegetarian</b>	BBQ Quorn and vegetable Stir-Fry (V)	Cauliflower Cheese (V)	Vegetable Pattie(V)	Quorn Bolognaise(V)	Mozzerella Sticks (V)
	<b>Jacket Potato</b>	Jacket Potato with: Beans, Cheese	Jacket Potato with: Beans, Cheese, Tuna	Jacket Potato with: Beans, Cheese, Tuna	Jacket Potato with: Beans, Cheese, Tuna	Jacket Potato with: Beans, Cheese, Tuna
	<b>Packed Lunch</b>	Bread roll filled with Ham, Cheese or Tuna Salad sticks/fresh fruit	Bread roll filled with Ham, Cheese or Tuna Salad sticks/fresh fruit	Bread roll filled with Ham, Cheese or Tuna Salad sticks/fresh fruit	Bread roll filled with Ham, Cheese or Tuna Salad sticks/fresh fruit	Bread roll filled with Ham, Cheese or Tuna Salad sticks/fresh fruit
<b>Starchy food</b>	Rice	Mashed Potatoes	Roast Potatoes	Pasta	Chips	
	Bread Roll	Bread Roll	Bread Roll	Bread Roll	Bread Roll	
<b>Choose Vegetables</b>	Broccoli Cauliflower	Beans Rainbow Salad Sticks	Green Cabbage Carrots	Sweetcorn Rainbow Salad Sticks	Peas	
<b>OR Salad</b>	Mixed Salad Bar	Mixed Salad Bar	Mixed Salad Bar	Mixed Salad Bar	Mixed Salad Bar	
	Coleslaw	Coleslaw	Coleslaw	Coleslaw	Coleslaw	
<b>Dessert (Choose 1)</b>	Sultana Cookie Fruit Yoghurt Fruit Salad Grapes, Apple Banana, Satsuma	Fruit and Yogurt Fruit Yoghurt Fruit Salad Grapes, Apple Banana, Satsuma	Chocolate Cake Fruit Yoghurt Fruit Salad Grapes, Apple Banana, Satsuma	Fruit and Jelly Fruit Yoghurt Fruit Salad Grapes, Apple Banana, Satsuma	Apple and Cherry Muffin Fruit Yoghurt Fruit Salad Grapes, Apple Banana, Satsuma	

Eat Better Do Better