

Primary School Menu - Week 1

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>Main Course Pork Meatballs with Pasta in Tomato Sauce Salmon Fillet or Breaded Pollock with Creamed Potatoes ✓ Quorn Balls with Pasta in Tomato sauce</p>	<p>Main Course Chicken Korma with Rice & Naan Bread Bacon & Cheese Stacker with Jacket Wedges ✓ Roasted Vegetable Stacker with Jacket Wedges</p>	<p>Main Course Roast Chicken & Gravy with Creamed & Roast Potatoes ✓ Cheese & Red Onion Quiche with Creamed & Roast Potatoes</p>	<p>Main Course Cottage Pie & Gravy Fish Fingers with Potato Gratin or Creamed Potatoes ✓ Spicy Bean Bakes with Potato Gratin or Creamed Potatoes</p>	<p>Main Course Tuna & Mixed Pepper Pizza Roasted Vegetable Pizza ✓ Five Bean Pasta Bake All with Chips or Jacket Potatoes</p>
<p>Vegetables Carrots Peas Baked Beans</p>	<p>Vegetables Sweetcorn Green Beans</p>	<p>Vegetables Carrots Peas Green Cabbage</p>	<p>Vegetables Carrots Broccoli</p>	<p>Vegetables Baked Beans Peas & Sweetcorn</p>
<p>Salads Carrot & Orange Salad Diced Cucumber</p>	<p>Salads Coleslaw Tomato & Red Onion Salad</p>	<p>Salads Mixed Green Salad</p>	<p>Salads Pasta & Sweetcorn Salad Cucumber & Mint Salad</p>	<p>Salads Coleslaw Beetroot</p>
<p>Puddings Rice Pudding & Strawberry Coulis Apricot Cookie with Strawberry & Banana Smoothie Organic Yoghurt Fresh Fruit Salad</p>	<p>Puddings Snowdon Pudding & Custard Fruity Ice-cream Yoghurt Fresh Fruit Salad</p>	<p>Puddings Iced Apple Cake & Custard Organic Yoghurt Fresh Fruit Salad</p>	<p>Puddings Chocolate Fudge Brownie & Chocolate Sauce Organic Cheese & Pineapple Crackers Yoghurt Fresh Fruit Salad</p>	<p>Puddings Oat Cookie & Organic Milk Jelly Sundae Yoghurt Fresh Fruit Salad</p>

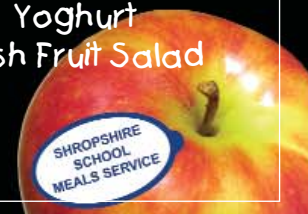


Primary School Menu - Week

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>Main Course Spaghetti Bolognese Salmon Fillet or Breaded Pollock with Creamed Potatoes ✓ Quorn Bolognese</p>	<p>Main Course Garlic & Herb Pizza Bacon & Tomato Pizza Chicken & Broccoli Gratin ✓ Quorn & Broccoli Gratin All with Herby Diced or Jacket Potatoes</p>	<p>Main Course Roast Beef & Yorkshire Pudding with Creamed & Roast Potatoes ✓ Spanish Omelette with Creamed & Roast Potatoes</p>	<p>Main Course Sweet Chilli Chicken & Noodles Salmon Fillet or Breaded Pollock with Herb Potatoes / Sweet Potato Wedges ✓ Sweet Chilli Quorn & Noodles</p>	<p>Main Course Sausages Cheese & Bean Plait ✓ Vegetarian Sausage All with Chips or Jacket Potato</p>
<p>Vegetables Peas Broccoli Baked Beans</p>	<p>Vegetables Sweetcorn Green Beans</p>	<p>Vegetables Carrots Broccoli Braised Red Cabbage</p>	<p>Vegetables Baked Beans Sweetcorn Cauliflower</p>	<p>Vegetables Baked Beans Peas Carrots</p>
<p>Salads Fruity Coleslaw Sliced Tomato Salad</p>	<p>Salads Chickpea & Red Onion Salad Carrot & Orange Salad</p>	<p>Salads Mixed Green Salad</p>	<p>Salads Coleslaw Diced Cucumber</p>	<p>Salads Tomato & Red Onion Salad Garlic & Sweetcorn Pasta Salad</p>
<p>Puddings Lemon Pudding & Custard Ice-cream Yoghurt Fresh Fruit Salad</p>	<p>Puddings Carrot Cake & Custard Fruit Jelly Organic Yoghurt Fresh Fruit Salad</p>	<p>Puddings Chocolate & Mandarin Sponge with Chocolate Sauce Organic Yoghurt Fresh Fruit Salad</p>	<p>Puddings Iced Buns or Peach Whirl Organic Cheese, Apple & Crackers Yoghurt Fresh Fruit Salad</p>	<p>Puddings Oaty Fruit Cookie & Organic Milk Fruity Ice-cream Yoghurt Fresh Fruit Salad</p>



Primary School Menu-Week

3



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Main Course Beef & Potato Gratin Fish Fingers with Creamed Potatoes ✓ Vegetable Gratin</p>	<p>Main Course Chicken Tikka Masala with Rice & Naan Bread Pasta Neapolitan & Wholemeal Roll ✓ Quorn Tikka Masala with Rice & Naan Bread</p>	<p>Main Course Roast Pork & Apple Sauce with Gravy Roast & Creamed Potatoes ✓ Roasted Vegetable Quiche with Roast & Creamed Potatoes</p>	<p>Main Course Chilli con Carne with Rice & Tortilla Chips Breaded Pollock with Potato Gratin or Herby Diced Potatoes ✓ Quorn Chilli with Rice & Tortilla Chips</p>	<p>Main Course Tuna & Sweetcorn Pizza Roasted Vegetable Pizza ✓ Spicy Bean Bake All with Chips or Jacket Potato Mediterranean Lamb with Cous-cous</p>
<p>Vegetables Baked Beans Green Beans Cauliflower</p>	<p>Vegetables Sweetcorn Carrots</p>	<p>Vegetables Carrots & Swede Green Cabbage</p>	<p>Vegetables Peas Sweetcorn Cauliflower</p>	<p>Vegetables Baked Beans Peas</p>
<p>Salads Mediterranean Pasta Salad Beetroot & Orange Salad</p>	<p>Salads Diced Cucumber Five Bean Salad</p>	<p>Salads Mixed Green Salad</p>	<p>Salads Chickpea, Cucumber & Mint Salad Tomato Salad</p>	<p>Salads Coleslaw Diced Cucumber</p>
<p>Puddings Iced Sponge & Custard Organic Cheese, Pineapple & Crackers Yoghurt Fresh Fruit Salad</p>	<p>Puddings Peach & Apple or Lemon & Pineapple Danish Ice-cream Yoghurt Fresh Fruit Salad</p>	<p>Puddings Syrup Sponge & Custard Organic Yoghurt Fresh Fruit Salad</p>	<p>Puddings Apple Pie & Custard Lemon Shortbread & Organic Milk Yoghurt Fresh Fruit Salad</p>	<p>Puddings Rice Pudding & Jam Flapjack with Strawberry & Banana Smoothie Organic Yoghurt Fresh Fruit Salad</p>



Primary School Menu - Week

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>Main Course Sausages & Creamed Potatoes Roasted Vegetable Bake & Wholemeal Roll ✓ Vegetarian Sausage & Creamed Potatoes</p>	<p>Main Course Lasagne with Garlic Bread Salmon Fillet or Breaded Pollock with Jacket Wedges ✓ Roast Vegetable Lasagne & Garlic Bread</p>	<p>Main Course Roast Beef & Yorkshire Pudding with Creamed & Roast Potatoes ✓ Mediterranean Tart with Roast & Creamed Potatoes</p>	<p>Main Course Bacon & Pineapple Pizza Cheese & Tomato Pizza Salmon & Broccoli Bake ✓ Roast Vegetable Pizza All with Chips or Jacket Potato</p>	<p>Main Course Chicken Balti Curry with Rice & Naan Bread Breaded Pollock with Parsley Sauce & Boiled Potatoes ✓ Vegetable & Bean Balti Curry with Rice & Naan Bread</p>
<p>Vegetables Baked Beans Peas Cauliflower</p>	<p>Vegetables Sweetcorn Broccoli</p>	<p>Vegetables Carrots Roasted Parsnip & Sweet Potatoes Fresh Cabbage</p>	<p>Vegetables Baked Beans Broccoli Sweetcorn</p>	<p>Vegetables Carrots Peas</p>
<p>Salads Fruity Coleslaw Cucumber & Mint Salad</p>	<p>Salads Tomato Salad Five Bean Salad</p>	<p>Salads Mixed Green Salad</p>	<p>Salads Coleslaw Tomato & Cucumber Salad</p>	<p>Salads Carrot & Orange Salad Tomato Salad</p>
<p>Puddings Strawberry or Lemon Cupcake Organic Cheese, Apple & Crackers Fresh Fruit Salad Yoghurt</p>	<p>Puddings Apple Crumble & Custard Fruit Jelly Yoghurt Fresh Fruit Salad</p>	<p>Puddings Chocolate & Pear Sponge with Chocolate Sauce Organic Yoghurt Fresh Fruit Salad</p>	<p>Puddings Bakewell Tart & Custard Orange & Coconut Cookie with Organic Milk Yoghurt Fresh Fruit Salad</p>	<p>Puddings Lemon Drizzle Slice Ice-cream Organic Yoghurt Fresh Fruit Salad</p>

