

Primary School Menu - Summer/Autumn 2014

Traditional

Week 1 To Run Weeks Commencing 18th August/15th September/13th October/10th November/8th December

	MON	TUE	WED	THUR	FRI
SOUP & SANDWICHES	Tomato Soup (v) Assorted Sandwiches	Carrot & Lentil Soup (v) Assorted Sandwiches	Lentil Soup (v) Assorted Sandwiches	Vegetable Soup (v) Assorted Sandwiches	Packed Lunch Ham/Cheese/Tuna/ Egg Sandwich
MAIN DISH Option 1	Chicken Curry Boiled Rice with Naan Bread	Fish 'n' Chips with Mixed Vegetables	Roast Chicken & Gravy Creamed Potatoes with Spring Green	Cheese & Tomato Pizza (v) Couscous or Savoury Rice with Mixed Salad	Grab 'n' Go Cowboy Hotpot Sausage/Beans/Diced Potato (Served in a Pot)
MAIN DISH Option 2	Quorn Dippers (v) Pasta Twirls with Baked Beans	Omelette (v) Chips with Mixed Vegetables	Salmon Steak Roast Potatoes with Broccoli	Savoury Mince Creamed Potatoes with Spring Greens	Grab 'n' Go Cowboy Hotpot (v) Quorn Sausage/Beans/ Potato (Served in a Pot)
SWEET	Fruity Flapjack	Caramel & Banana Sponge	Strawberry Ice Cream	Apple Pie & Custard	All Options Above with Fruity Flapjack Carton of Juice Yoghurt or Fruit Cucumber Sticks

Week 2 To Run Weeks Commencing 25th August/22nd September/20th October/17th November/15th December

	MON	TUE	WED	THUR	FRI
SOUP & SANDWICHES	Lentil Soup (v) Assorted Sandwiches	Vegetable Soup (v) Assorted Sandwiches	Tomato Soup (v) Assorted Sandwiches	Chicken Noodle Soup Assorted Sandwiches	Packed Lunch Ham/Cheese/Tuna/ Egg Sandwich
MAIN DISH Option 1	Cheese & Tomato Pizza (v) Couscous or Savoury Rice with Cucumber & Carrot	Macaroni Cheese (v) Diced Potatoes with Cherry Tomatoes	Fish 'n' Chips with Peas	Roast Beef & Gravy Roast Potatoes with Baby Carrots	Grab 'n' Go Hot Dog Sausage on a Roll
MAIN DISH Option 2	Fish Cakes Pasta Twirls with Sweetcorn	Haggis Creamed Potatoes with Turnip	Sweet 'n' Sour Pork Boiled Rice with Mixed Salad	Cauliflower Mornay (v) Roast Potatoes with Broccoli	Grab 'n' Go Vegetable Sausage on a Roll (v)
SWEET	Apple Crumble & Custard	Cup Cake	Iced Sponge	Viennese Biscuit	All Options Above with Golden Crispie Carton of Juice Yoghurt or Fruit Carrot Sticks

Week 3

To Run Weeks Commencing 1st September/29th September/27th October/24th November

	MON	TUE	WED	THUR	FRI
SOUP & SANDWICHES	Potato Soup (v) Assorted Sandwiches	Tomato & Lentil Soup (v) Assorted Sandwiches	Chicken Noodle Soup Assorted Sandwiches	Vegetable Soup (v) Assorted Sandwiches	Packed Lunch Ham/Cheese/Tuna/ Egg Sandwich
MAIN DISH Option 1	Meatballs in Tomato Sauce Spaghetti with Mixed Salad	Macaroni Cheese (v) Mixed Salad with Peas	Roast Turkey & Gravy Creamed Potatoes with Spring Greens	Cheese & Tomato Pizza (v) Vegetable Couscous with Mixed Salad	Grab 'n' Go Chicken Fajitas
MAIN DISH Option 2	Fish 'n' Chips with Peas	Beef Casserole Creamed Potatoes with Peas	Salmon Nibbles Couscous or Savoury Rice with Mixed Salad	Savoury Mince Baby Boiled Potatoes with Green Greens	Grab 'n' Go Quorn Dippers (v)
SWEET	Crispy Squares	Rice Pudding with Sultanas	Oat Cookies	Caramel Flan	All Options Above with Shortbread Carton of Juice Yoghurt or Fruit Cucumber Sticks

Week 4

To Run Weeks Commencing 8th September/6th October/3rd November/1st December

	MON	TUE	WED	THUR	FRI
SOUP & SANDWICHES	Potato & Leek Soup (v) Assorted Sandwiches	Tomato Soup (v) Assorted Sandwiches	Vegetable Soup (v) Assorted Sandwiches	Lentil Soup (v) Assorted Sandwiches	Packed Lunch Ham/Cheese/Tuna/ Egg Sandwich
MAIN DISH Option 1	Cheese & Tomato Pizza (v) Chips with Peas	Chicken Wrap Carrot Salad with Mixed Salad	Fish Fingers Potato Wedges with Baked Beans	Steak Pie Creamed Potatoes with Spring Greens	Grab 'n' Go Bacon Roll
MAIN DISH Option 2	Vegetable Burger (v) Chips with Cherry Tomatoes	Chilli Con Carne Boiled Rice with Mixed salad	Shepherds Pie with Mixed Vegetables	Salmon Steak Vegetable Couscous with Mixed Salad	Grab 'n' Go Vegetable Burger on a Roll (v)
SWEET	Muffin	Fruity Flapjack	Rhubarb Crumble & Custard	Dairy Dessert	All Options Above with Cornflake Tart Carton of Juice Yoghurt or Fruit Cherry Tomatoes

