

MONKSDOWN PRIMARY SCHOOL

WEEK 1

Week commencing: - 9th January – 6th February – 13th March 2017

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP Main Meal	LENTIL Homemade Pizza Chipped Potatoes	COOK'S CHOICE Homemade # Chicken Curry Wholegrain Rice	LEEK & POTATO Roast Beef Roast Potatoes Gravy	COOK'S CHOICE Homemade Scouse Crusty Bread	VEGETABLE Sausage Creamed Potatoes Onion Gravy
Vegetarian Option	Homemade Tuna Pasta	Homemade Vegetable Stew With Crusty Bread	Homemade Vegetable Pie	Vegetable Stir Fry	Homemade Fish Pie
Vegetables	Baked Beans or Salad	Green Beans Or Side Salad	Cabbage or Side Salad	Beetroot or Side Salad	Peas
Quick Picks	A daily selection of wraps, sandwiches and filled baked potatoes.				
Desserts	Homemade Mandarin Muffin	Fresh Fruit Salad With Cream	Homemade # Apple Crumble With Custard	Homemade # Jam and Cream Scone	Cheese and Biscuits With Slice of Apple
Drinks	Glass of Water	Glass of Milk	Glass of Water	Glass of Juice	Glass of Milkshake

Bread will be available with the Main Meals. We also offer a choice of yoghurts or fresh fruit as a dessert alternative

MOMKSDOWN PRIMARY SCHOOL

WEEK TWO

Week commencing: 16th January – 20th February – 20th March 2017

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	COOK'S CHOICE	SWEETCORN & CARROT	COOK'S CHOICE	CHICKEN NOODLE	COOK'S CHOICE
Main Meal	Salmon Fillet Potato Wedges	Fresh Beef Burger In a Bun Chipped Potatoes	Homemade # Beef Bolognaise Wholegrain Pasta	Savoury Rice & Vegetables with Curry Sauce	Chicken Breast Creamed Potatoes Gravy
Non-meat alternative	Homemade Vegetable and Lentil Stew	Homemade Cheese Flan	Quorn Stir-fry	Homemade Tuna Pasta	Quorn Sausage
Vegetables	Garden Peas Or Side Salad	Baked Beans or Side Salad	Green Beans Or Side Salad	Green Beans Or Side Salad	Baked Beans Or Side Salad
Quick Picks	A daily Selection of wraps, sandwiches and filled baked potatoes.				
Desserts	Homemade Chocolate Sponge With Chocolate Sauce	Homemade Fruit Jelly	Fresh Yogurt Pots With Granola	Homemade Apple Crumble With Custard	Homemade Cookies
Drinks	Glass of Juice	Glass of Water	Glass of Juice	Glass of water	Glass of Milk

Bread will be available with the Main Meals. We also offer a choice of yoghurts or fresh fruit as a dessert alternative

MONKSDOWN PRIMARY SCHOOL

WEEK THREE

Week commencing: 23rd January – 27th February – 27th March 2017

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	VEGETABLE	COOK'S CHOICE	CHICKEN	COOK'S CHOICE	TOMATO
Main Meal	Cheese and Beans Pasta Bake With Wholegrain Roll	Homemade # Minced Beef Pie Creamed Potatoes Gravy	Hunters Style Chicken# With Boiled rice	Sausage & Egg With Chipped Potatoes	Salmon Goujons Potato Wedges
Vegetarian Option	Quorn Sausage Creamed Potatoes	Homemade # Vegetable Quiche	Vegetable Curry Boiled Rice	Cheese Toasties	Savoury Rice & Vegetables With BBQ Sauce #
Vegetables	Garden Peas Or Side Salad	Carrots Or Side Salad	Green Beans Or Side Salad	Baked Beans Or Side Salad	Peas & Sweetcorn Or Side Salad
Quick Picks	A daily selection of sandwiches, wraps, sandwiches and filled baked potatoes.				
Desserts	Knickerbocker Glory	Cheese & Biscuits	Homemade Apricot Cookies	Homemade Chocolate Orange Brownie With Custard	Homemade Mandarin Fairy Cake
Drinks	Glass of Water	Glass of Milk	Glass of Water	Glass of Water	Glass of Juice

Bread will be available with the Main Meals. We also offer a choice of yoghurts or fresh fruit as a dessert alternative

MONKSDOWN PRIMARY SCHOOL

WEEK FOUR

Week commencing: 30th January – 6th March 2017

Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	COOK'S CHOICE	CARROT & LENTIL	VEGETABLE	LEEK & POTATO	COOK'S CHOICE
Main Meal	Turkey Meatballs In Tomato Sauce Wholegrain Pasta	Homemade # Chicken & Mushroom Pie Boiled Potatoes	Chicken Breast Roast Potatoes Gravy	Homemade # Beef Bolognese Wholegrain Pasta	Homemade # Beef Curry Boiled Rice
Vegetarian Option	Homemade Vegetarian Cottage Pie	Quron Stir-fry	#BBQ Quorn In a Pitta Pocket	Selection of Filled Baked Potatoes	Homemade Tuna Pasta
Vegetables	Broccoli Or Side salad	Peas Or Side Salad	Cauliflower Or Side Salad	Broccoli Or Side Salad	Carrots Or Side Salad
Quick Picks	A daily selection of wraps, sandwiches and filled baked potatoes.				
Desserts	Peach Melba	Homemade # Apple Crumble With Custard	Fresh Fruit Salad	Homemade Apricot Cookies	Homemade Chocolate Cherry Sponge With Custard
Drinks	Glass of Water	Glass of Water	Glass of Milk	Glass of Milkshake	Glass of Water

Bread will be available with the Main Meals. We also offer a choice of yoghurts or fresh fruit as a dessert alternative