

# PRIMARY MENU



Week 1 w/c 6th Nov	PROUDLY <b>MEAT Monday FREE</b> SUPPORTING	Tuesday	Wednesday	Thursday	Friday
<b>Soup of the Day</b>	Chef Choice	Tomato and Basil	Broccoli and Cheddar	Chef Choice	Chinese Sweetcorn
<b>Main Meal</b>	Wholemeal Pizza and Wedges	Cowboy Casserole with Pasta	Scouse with Crusty Bread and Pickled Beetroot	Ham Roast Dinner with Seasonal Vegetables and Roast Potatoes	Fish Fingers with chips and Garden Peas
<b>Meat Free Main Meal</b>	Cheese and Onion Plate Pie with Carrots and Peas	Vegetarian Chilli with Rice	Tuna Pasta with Cucumber and Red Onion	Twice Baked Jacket Potato	Veggie Burger in a Bun with Chips
<b>Side dish</b>	Wedges	Wholemeal Pasta	Crusty Bread	Roast Potatoes	Chips
<b>Vegetable</b>	Tomatoes, Carrots and Peas	Tomatoes	Red Peppers and Beetroot	Carrots	Garden Peas
<b>Dessert</b>	Fresh Fruit Salad/ Yoghurt	Vanilla Cheesecake/ Fresh Fruit	Pineapple and Coconut Sponge/Yoghurt	Apple Flapjacks/ Fresh Fruit	Cheese and crackers/ Yoghurt

Jacket Potatoes with tuna, cheese or beans, Salad, Hummus, Fresh Fruit & Yoghurts available daily

Ask Chef about the Daily Special

Please speak to a member of school staff about any dietary requirements

# PRIMARY LUNCH MENU



Week 2 w/c 13th Nov	PROUDLY <b>MEAT Monday FREE</b> SUPPORTING	Tuesday	Wednesday	Thursday	Friday
<b>Soup of the Day</b>	Chef Choice	Split pea	Chinese Sweetcorn	Leek and potato	Chef Choice
<b>Main Meal</b>	Tomato and Basil Pasta Bake with Garlic Bread	Spanish Chicken with wholemeal Rice and Green Beans	Sausage and Mash	Meatball Sub with Salad and Tortilla Chips	Battered Fish and Chips with Minted Mushy Peas
<b>Meat Free Main Meal</b>	Falafel pitas	Roasted Red Pepper, Cheese and Tomato Quiche	Macaroni Cheese with Peas	Vegetable and Cheese Quesadillas	Vegetable Curry and Rice
<b>Side dish</b>	wholemeal Pasta	wholemeal Rice	Mash	Bread	Chips
<b>Vegetable</b>	Carrots	Green Beans	Peas	Tomatoes and Cucumber	Minted Mushy Peas
<b>Dessert</b>	Fresh Fruit Salad/ Yoghurt	Fresh Fruit	Apple and Oat Crumble with Pouring Cream/ Yoghurt	Vanilla Sponge and Custard/ Fresh Fruit	Cheese and Crackers/ Yoghurt

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# PRIMARY LUNCH MENU



Week 3 w/c 20th Nov	PROUDLY <b>MEAT Monday FREE</b> SUPPORTING	Tuesday	Wednesday	Thursday	Friday
<b>Soup of the Day</b>	Chef Choice	Leek and Potato	Red Pepper Soup	Tomato and Basil	Chef Choice
<b>Main Meal</b>	Cheesy Beans Pasta Bake	Corned Beef Hash	Ham Roast Dinner with Seasonal Vegetables and Roast Potatoes	Wholemeal Spaghetti Bolognese with Salad and Garlic Bread	Fish Cake or Fish Fingers with Chips and Mushy Peas
<b>Meat Free Main Meal</b>	Tomato and Cheese Quiche with Salad	Tuna Pasta with Cucumber and Red Onion	Twice Baked Jacket Potatoes	Vegetarian Sausage Toasties	Tandoori Salmon with Pitta Bread
<b>Side dish</b>	Wholemeal Pasta	Potatoes	Roast potatoes	Wholemeal Spaghetti	Chips/Pitta Bread
<b>Vegetable</b>	Salad	Carrots	Cabbage	Tomatoes	Mushy Peas
<b>Dessert</b>	Sponge Cake and Custard/Fresh fruit	Ginger Biscuits/ Fresh Fruit	Fresh Fruit salad/ Yoghurt	Fresh Fruit Trifle/ Fresh Fruit	Cheese and Crackers/ Yoghurt

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# PRIMARY LUNCH MENU



Week 4 w/c 27th Nov	PROUDLY <b>MEAT Monday FREE</b> SUPPORTING	Tuesday	Wednesday	Thursday St Andrew's Day	Friday
<b>Soup of the Day</b>	Carrot and Coriander	Pea	Red Pepper Soup	Chef Choice	Chef Choice
<b>Main Meal</b>	Wholemeal Pizza and Wedges	Chicken Katsu Curry with Rice	Carbonara Penne Pasta Bake with Garlic Bread	Mince and Tatties	Battered Fish and Chips with Beans
<b>Meat Free Main Meal</b>	Broccoli and Cream Cheese Pasta Bake	Spanish Omelette with salad	Vegetable and Rice Enchiladas	Quorn Stovies	Veggie Sausage Rolls
<b>Side dish</b>	Wedges	Rice	Pasta	Potatoes	Chips
<b>Vegetable</b>	Peppers	Peas and Sweetcorn	Tomatoes	Peas	Baked Beans
<b>Dessert</b>	Fresh Fruit Salad	German Apple Cake/ Fresh Fruit	Sticky Toffee Pudding/ Yoghurt	Shortbread/Fresh Fruit	Rich 'Chocolate' Cookie/ Yoghurt

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# PRIMARY LUNCH MENU



Week 5 w/c 4th Dec	PROUDLY <b>MEAT Monday FREE</b> SUPPORTING	Tuesday	Wednesday	Thursday	Friday
<b>Soup of the Day</b>	Chef Choice	Chinese Sweetcorn	Chef Choice	Broccoli and Cheddar	Chef Choice
<b>Main Meal</b>	Tomato and basil Pasta	Spaghetti and Meatballs	Sausage and Mash with Peas	Chicken Curry with wholemeal Rice and Onion Bhajis	Battered Fish and Chips with Minted Mushy Peas
<b>Meat Free Main Meal</b>	Vegetable Biryani	Cheese and Tomato Panini	Macaroni Cheese	Cheese and Red Onion Quiche	Homemade Chip Shop Curry Sauce with Rice
<b>Side dish</b>	wholemeal Pasta	wholemeal Spaghetti	Mash	wholemeal Rice	Chips
<b>Vegetable</b>	Peppers	Tomatoes	Peas	Onions	Mushy Peas
<b>Dessert</b>	Apple and Oat Crumble with Pouring Cream/ Fresh Fruit	Homemade Rice Pudding with Strawberry Jam/ Fresh Fruit	Iced Sponge Cake with Custard/Fresh Fruit	Fresh Fruit/yoghurt	Cheese and Crackers/ Yoghurt

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# PRIMARY LUNCH MENU



Week 6 w/c 11th Dec	PROUDLY <b>MEAT FREE</b> SUPPORTING <i>Mondays</i>	Tuesday	Wednesday	Thursday	Friday
<b>Soup of the Day</b>	Chef Choice	Tomato and Basil	Broccoli and Cheddar	Chef Choice	Chinese Sweetcorn
<b>Main Meal</b>	Vegan Ravioli in Tomato Sauce with Crusty Bread	All Day Breakfast	Chicken Tikka Curry with wholegrain Rice and Mango Chutney	Cottage Pie	Fish Fingers with Chips and Garden Peas
<b>Meat Free Main Meal</b>	Spanish Omelette	Roasted Red Pepper Quiche	Vegetable and Lentil Stew	Vegetable Quesadillas	Veggie Sausage Roll
<b>Side dish</b>	Crusty Bread	Toast	Wholegrain Rice	Mash	Chips
<b>Vegetable</b>	Tomatoes	Mushrooms	Green Beans	Peas and Carrots	Garden Peas
<b>Dessert</b>	Fresh Fruit Salad	Shortbread Fresh Fruit	Sponge Cake topped with Jam and whipped Cream/ Yoghurt	Apple Flapjacks/ Fresh Fruit	Cheese and Crackers/ Yoghurt

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# PRIMARY LUNCH MENU



Week 7 w/c 18th Dec	PROUDLY <b>MEAT FREE</b> SUPPORTING <i>Mondays</i>	Tuesday	Wednesday	Thursday	Friday
<b>Soup of the Day</b>	Chef Choice	Tomato and Basil	Roasted Vegetable	Chef Choice	Chinese Sweetcorn
<b>Main Meal</b>	Veggie Spaghetti Bolognese with Garlic Bread	Sausage Casserole	Christmas Dinner: Roast Turkey, Roast Potatoes, Stuffing, pigs in Blankets, Sprouts, Carrots and Turnip	Chef Choice Curry and Rice	Fish Fingers with Chips and Mushy Peas
<b>Meat Free Main Meal</b>	welsh Rarebit	Vegetable and Cheese Omelette	Vegetarian Christmas Dinner	Cheese and Tomato Toasties	Salmon Fish pie
<b>Side dish</b>	wholemeal Spaghetti	Potatoes	Potatoes	wholegrain Rice	Chips
<b>Vegetable</b>	Tomatoes	Onions	Sprouts, Carrots, Turnip	Tomatoes	Mushy Peas
<b>Dessert</b>	'Chocolate' Fudge Cake/Fresh Fruit	Oat Cookies/ Fresh Fruit	Christmas Tree Ice Creams	Manchester Tart/ Fresh Fruit	Cheese and Crackers/ Yoghurt
<b>Jacket Potatoes with tuna, cheese or beans, Salad, Hummus, Fresh Fruit &amp; Yoghurts available daily</b>		<b>Ask Chef about the Daily Special</b>		<b>Please speak to a member of school staff about any dietary requirements</b>	