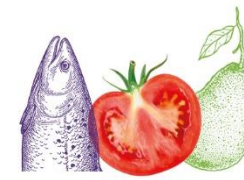


Primary Lunch Menu



Week Commencing 28/02/22

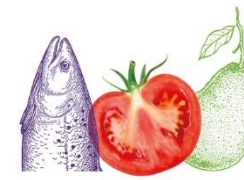
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We provide a variety of seasonal hot and cold dishes for children to freely choose from	Vegetable Stir Fry served with Noodles and Prawn Crackers	Homemade Vegetable Curry Served with Rice and Mango Chutney	Homemade Vegetable Lasagne served with Garlic Bread and Fresh Salad	Homemade Scouse served with Beetroot and Crusty Bread	Fish Fingers or Fish Pie Served with Chips and Baked Beans
Alternative Jacket potatoes with tuna and other fillings available daily	Veg Samosa and Spring Rolls with Salad and Chutney	Cherry Tomato Quiche	Twice Baked Jackets	Halloumi Fajita served with Salad	Veggie Sausage Roll
Homemade Soup	Chef Choice	Split Pea	Tomato and Basil	Chef Choice	Chef Choice
Starchy Food Various bread choices available	Noodles	Rice	Pasta	Potato	Chips
Vegetables Salad Bar with Hummus	Stir Fry Vegetables	Green Beans	Tomatoes	Carrots	Beans
Dessert Fresh fruit, selection of low-fat yoghurts and homemade puddings available every lunch time	Homemade Rice Pudding with Jam Fresh Fruit	Marble Cake with Custard Fresh Fruit	Fresh Fruit Salad Yoghurts	Iced Shortbread Fresh Fruit	Cheese and Crackers Mixed Flavour Yoghurts

Ask for daily chef specials

All our meat is sourced from local suppliers, we use free range eggs and organic flour where possible. All our fruit and vegetables are locally sourced where possible. Halal options available.

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Primary Lunch Menu



Week Commencing 07/03/22

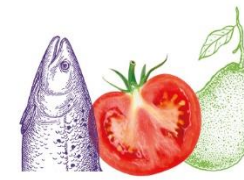
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We provide a variety of seasonal hot and cold dishes for children to freely choose from	Homemade Pizza served with Wedges and Beans	Homemade Spanish Chicken served with Rice and Corn on the Cob	All Day Breakfast with Sausage, Scrambled Egg, Wholemeal Toast, Mushrooms and Hash Brown	Ham Roast Dinner with Cauliflower Cheese, Roasted New Potatoes, Baby Carrots and Gravy	Homemade Battered Fish with Chips and Minted Mushy Peas
Alternative Jacket potatoes with tuna and other fillings available daily	Pesto Pasta	Cherry Tomato Quiche	Veggie Mince Cottage Pie	Broccoli and Pasta Bake	Veggie Sausage Roll
Homemade Soup	Chef Choice	Split Pea	Chinese Sweetcorn	Leek and Potato	Chef Choice
Starchy Food Various bread choices available	Homemade Pizza Base	Rice	Wholemeal Toast	Roast Potato	Chips
Vegetables Salad Bar with Hummus	Celery and Cabbage	Peppers	Mushrooms	Carrots and Broccoli	Mushy Peas
Dessert Fresh fruit, selection of low-fat yoghurts and homemade puddings available every lunch time	'Chocolate' Fudge Cake Fresh Fruit	Vanilla Cheesecake Fresh Fruit	Fresh Fruit Salad Yoghurts	Apple Flapjacks Fresh Fruit	Cheese and Crackers Mixed Flavour Yoghurts

Ask for daily chef specials

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Primary Lunch Menu



Week Commencing 14/03/22

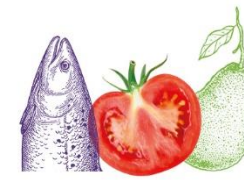
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We provide a variety of seasonal hot and cold dishes for children to freely choose from	Vegetarian Swedish Meatballs served with Spaghetti in Tomato Sauce	Cumberland Sausage Slice served with Homemade Wedges and Brown Sauce	Homemade Chicken Curry served with Rice and Naan Bread	Homemade Shepherd's Pie served with Seasonal Vegetables.	Fish Cake or Fish Fingers and Chips served with Mushy Peas
Alternative Jacket potatoes with tuna and other fillings available daily	Cherry Tomato Quiche served with Crisp Fresh Salad	Tuna Pasta with Cucumber and Red Onion	Veggie Sausage Toasties	Twice Baked Jacket Potatoes	Tandoori Salmon served with Pitta Bread
Homemade Soup	Chef Choice	Leek and Potato	Red pepper Soup	Tomato and Basil	Chef Choice
Starchy Food Various bread choices available	Pasta	Mash Potato	Wholemeal Rice	Mash Potatoes	Chips
Vegetables Salad Bar with Hummus	Tomatoes	Green Beans	Cabbage	Carrots	Mushy Peas
Dessert Fresh fruit, selection of low-fat yoghurts and homemade puddings available every lunch time	Iced Apple Flapjacks Fresh Fruit	Fresh Fruit Trifle Fresh Fruit	Sticky Toffee Pudding Yoghurts	Fresh Fruit Salad Fresh Fruit	Cheese and Crackers Mixed Flavour Yoghurts

Ask for daily chef specials

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Primary Lunch Menu



Week Commencing 21/03/22

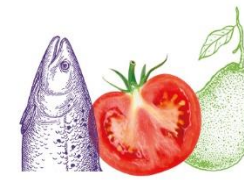
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We provide a variety of seasonal hot and cold dishes for children to freely choose from	Homemade Pizza with Wholemeal Pizza Base served with Homemade Wedges and Salad	Chicken Roast Dinner with Roast Potatoes, Stuffing, Broccoli, Carrots and Gravy	Homemade Sausage and Mashed Potato with Onion Gravy	Lamb Kofta Kebab served with Pita Bread, Vegetable Rice and Homemade Coleslaw	Fish Fingers with Chips and Baked Beans
Alternative Jacket potatoes with tuna and other fillings available daily	Vegetable Fried Rice	Asian Noodles	Tomato and Basil Pasta	Homemade Salmon and Leek Fish Pie	Veggie Sausage Roll
Homemade Soup	Carrot and Coriander	Tomato and Basil	Red pepper Soup	Chef Choice	Chef Choice
Starchy Food Various bread choices available	Pizza Base	Roast Potato	Mash Potato	Rice	Chips
Vegetables Salad Bar with Hummus	Tomatoes	Seasonal Vegetables	Broccoli	Carrots	Baked Beans
Dessert Fresh fruit, selection of low-fat yoghurts and homemade puddings available every lunch time	Fresh Fruit Salad Fresh Fruit	Cherry Bakewell Slice served with Custard Fresh Fruit	Carrot Cake Yoghurts	Fruit Jelly Fresh Fruit	Cheese and Crackers Mixed Flavour Yoghurts

Ask for daily chef specials

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Primary Lunch Menu



Week Commencing 28/03/22

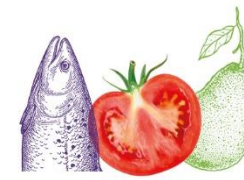
Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We provide a variety of seasonal hot and cold dishes for children to freely choose from	Vegetable Stir Fry served with Egg Noodles and Stir Fry Vegetables	Homemade Chicken Pie with Mash Potato and Green Beans	All Day Breakfast with Sausage, Scrambled Egg, Wholemeal Toast, Mushrooms, Tomatoes	Homemade Spaghetti Bolognese served with Crusty Bread	Fish Fingers with Chips and Minted Mushy Peas
Alternative Jacket potatoes with tuna and other fillings available daily	Tomato Pasta	Veggie spring Rolls with Sweet Chilli Sauce and Salad	Cheese and Tomato Toasties	Macaroni Cheese and Peas	Veggie Sausage Roll
Homemade Soup	Chef Choice	Chinese Sweetcorn	Chefs Choice	Tomato and Basil	Chef Choice
Starchy Food Various bread choices available	Noodles	Mash Potato	Wholemeal Toast	Spaghetti	Chips
Vegetables Salad Bar with Hummus	Carrots	Peas	Mushrooms	Tomatoes	Mushy Peas
Dessert Fresh fruit, selection of low-fat yoghurts and homemade puddings available every lunch time	'Chocolate' Fudge Cake Fresh Fruit	Ice Cream Fresh Fruit	Sponge Cake with Custard Yoghurts	Homemade Cookies Fresh Fruit	Cheese and Crackers Mixed Flavour Yoghurts

Ask for daily chef specials

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Primary Lunch Menu



Week Commencing 04/04/22

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We provide a variety of seasonal hot and cold dishes for children to freely choose from	Homemade Pizza served with Wedges and Beans	Ham Roast Dinner served with Roast Potatoes, Stuffing and Seasonal Vegetables	Homemade Chicken Curry served with Basmati Rice and Mango Chutney	Homemade Scouse served with Red Cabbage and Crusty Bread	Chicken Burger in a Bun served with Chips and Fresh Salad
Alternative Jacket potatoes with tuna and other fillings available daily	Cherry Tomato Quiche served with Fresh Salad	Veggie Sausage Toasties	Vegetable Stir Fry	Twice Baked Jacket Potatoes	Veggie Burger in a Bun
Homemade Soup	Chef Choice	Leek and Potato	Broccoli and Cheddar	Chef Choice	Chef Choice
Starchy Food Various bread choices available	Pizza Base	Roast Potatoes	Mash	Potatoes	Chips
Vegetables Salad Bar with Hummus	Tomatoes	Green Beans	Green Beans	Spring Onions	Tomatoes
Dessert Fresh fruit, selection of low-fat yoghurts and homemade puddings available every lunch time	Fresh Fruit Salad Fresh Fruit	Yoghurt Fruit Crunch Pots Fresh Fruit	Rice Pudding with Jam Yoghurts	Homemade Apple Crumble served with Custard Fresh Fruit	Cheese and Crackers Mixed Flavour Yoghurts

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