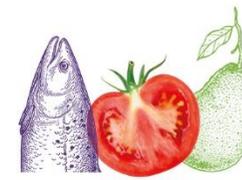


Primary Lunch Menu



Week Commencing 01/09/22

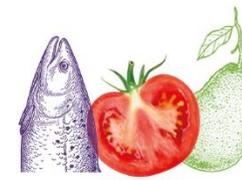
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We provide a variety of seasonal hot and cold dishes for children to freely choose from				Homemade Tomato and Basil Pasta served with Garlic Bread	Fish Fingers or Fish Pie Served with Chips and Baked Beans
Alternative Jacket potatoes with tuna and other fillings available daily				Red Onion Quiche	Veggie Sausage Roll
Homemade Soup				Chef Choice	Chef Choice
Starchy Food Various bread choices available				Pasta	Chips
Vegetables Salad Bar with Hummus				Tomatoes	Beans
Dessert Fresh fruit, selection of low-fat yoghurts and homemade puddings available every lunch time				Shortbread Biscuits 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 05/09/22

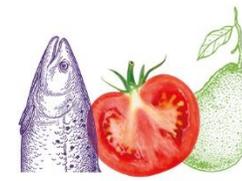
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We provide a variety of seasonal hot and cold dishes for children to freely choose from	Homemade Wholemeal Pizza served with Wedges and Beans or Coleslaw	Homemade Spanish Chicken served with Rice and Green Beans	All Day Breakfast with Sausage, Scrambled Egg, Wholemeal Toast, Mushrooms and Hash Brown	Meatball Sub Served with fresh Salad and Tortilla Chips	Homemade Battered Fish with Chips and Minted Mushy Peas
Alternative Jacket potatoes with tuna and other fillings available daily	Pesto Pasta	Roasted Pepper Tomato Quiche	Veggie Chilli	Feta and Vegetable Pasta	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	Wholemeal Bread	Chips
Vegetables Salad Bar with Hummus	Carrots	Green Beans	Mushrooms	Tomatoes and Cucumber	Mushy Peas
Dessert Fresh fruit, selection of low-fat yoghurts and homemade puddings available every lunch time	Fresh Fruit Salad Mixed Yoghurts	Vanilla Cheesecake Fresh Fruit	'Chocolate' Fudge Cake 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 12/09/22

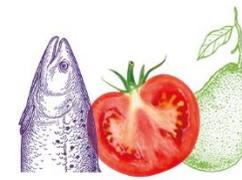
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We provide a variety of seasonal hot and cold dishes for children to freely choose from	Veggie Stir Fry served with Noodles and Spring Rolls	Cumberland Sausage Slice served with Homemade Wedges and Brown Sauce	Caribbean Beef Curry served with Rice and Naan Bread	Chicken Goujon Wraps served with Potato Salad or Pasta Salad	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	Noodles	Homemade Wedges	Wholemeal Rice	Potato/Pasta	Chips
Vegetables Salad Bar with Hummus	Tomatoes	Green Beans	Cabbage	Peppers	Mushy Peas
Dessert Fresh fruit, selection of low-fat yoghurts and homemade puddings available every lunch time	Ginger Biscuits Fresh Fruit	Apple Pie with Double Cream Fresh Fruit	Fresh Fruit Trifle 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 19/09/22

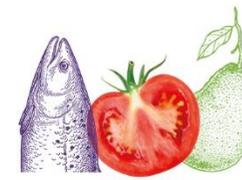
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We provide a variety of seasonal hot and cold dishes for children to freely choose from	Homemade Pizza with Wholemeal Pizza Base served with Homemade Wedges and Salad	Homemade Scouse served with Crusty Bread and Beetroot	Homemade Tomato and Basil Pasta served with Crusty Bread	Homemade Sausage and Mashed Potato with Onion Gravy, Peas, and Sweetcorn	Fish Fingers with Chips and Baked Beans
Alternative Jacket potatoes with tuna and other fillings available daily	Broccoli and Cream Cheese Pasta Bake	Pesto Pasta	Salmon Fish Pie	Cheese and Tomato Toasties	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	Potato	Pasta	Mashed Potato	Chips
Vegetables Salad Bar with Hummus	Tomatoes	Carrots and Leeks	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	Fresh Fruit Jelly Fresh Fruit	Cheese and Crackers Mixed Flavour Yoghurts

Ask for daily chef specials

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Primary Lunch Menu



Week Commencing 26/09/22

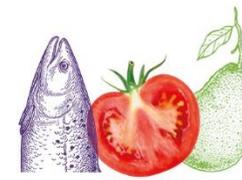
Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We provide a variety of seasonal hot and cold dishes for children to freely choose from	Homemade Chip shop Curry Sauce with Basmati Rice and Mango Chutney	Homemade Spaghetti Bolognese served with Fresh Garlic Bread	All Day Breakfast with Sausage, Scrambled Egg, Wholemeal Toast, Mushrooms, Tomatoes	Homemade chicken and Leek Pie served with Herby New Potatoes and Seasonal Veg	Homemade Battered Fish with Chips and Minted Mushy Peas
Alternative Jacket potatoes with tuna and other fillings available daily	Feta and Vegetable Pasta	Veggie spring Rolls with Sweet Chilli Sauce and Salad	Veggie Breakfast	Homemade Quiche	Veggie Burger in a Bun
Homemade Soup	Chef Choice	Chinese Sweetcorn	Chef Choice	Chef Choice	Chef Choice
Starchy Food Various bread choices available	Rice	Spaghetti	Wholemeal Toast	New Potatoes	Chips
Vegetables Salad Bar with Hummus	Green Beans	Broccoli	Mushrooms	Carrots and Broccoli	Mushy Peas
Dessert Fresh fruit, selection of low-fat yoghurts and homemade puddings available every lunch time	Apple and Oat Crumble with Pouring Cream Fresh Fruit	Ice Cream Fresh Fruit	Iced Sponge Cake with Custard Fresh Fruit	Fresh Fruit Salad Yoghurts	Cheese and Crackers Mixed Flavour Yoghurts

Ask for daily chef specials

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Primary Lunch Menu



Week Commencing 03/10/22

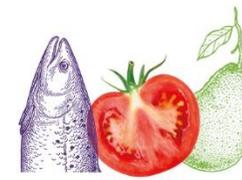
Week 6	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We provide a variety of seasonal hot and cold dishes for children to freely choose from	Homemade Pizza served with Wedges and Beans	Homemade Chicken Tikka Curry served with Basmati Rice and Mango Chutney	Turkey Roast Dinner with Roast Potatoes, Stuffing, Seasonal Vegetables and Gravy	Spaghetti and Meatballs in Tomato Sauce topped with Cheddar Cheese.	Fish Fingers served with Chips and Garden Peas
Alternative Jacket potatoes with tuna and other fillings available daily	Spanish Omelette	Roasted Red Pepper Quiche	Vegetable Stir Fry	Stuffed Peppers with Feta and Rice	Veggie Sausage Roll
Homemade Soup	Chef Choice	Tomato and Basil	Broccoli and Cheddar	Chef Choice	Chinese Sweetcorn
Starchy Food Various bread choices available	Pizza Base	Rice	Roast Potatoes	Wholemeal Pasta	Chips
Vegetables Salad Bar with Hummus	Tomatoes	Red Peppers	Broccoli	Carrots	Beans
Dessert Fresh fruit, selection low-fat yoghurts and homemade puddings available every lunch	Fresh Fruit Salad Fresh Fruit	Shortbread Biscuits Fresh Fruit	Sponge Cake topped with Jam and Whipped Cream 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 10/10/22

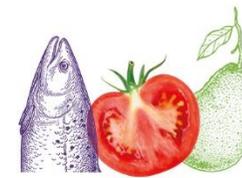
Week 7	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We provide a variety of seasonal hot and cold dishes for children to freely choose from	Veggie Stir Fry served with Noodles and Spring Rolls	Cumberland Sausage Slice served with Homemade Wedges and Brown Sauce	Roast Ham with Roasted New Potatoes and Cauliflower Cheese	Chicken Goujon Wraps served with Potato Salad or Pasta Salad	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	Homemade Wedges	New potatoes	Potato/Pasta	Chips
Vegetables Salad Bar with Hummus	Tomatoes	Green Beans	Cauliflower	Peppers	Mushy Peas
Dessert Fresh fruit, selection of low-fat yoghurts and homemade puddings available every lunch time	Iced Shortbread Fresh Fruit	Fruit Jelly Fresh Fruit	Apple Pie with Double Cream 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 17/10/22

Week 8	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We provide a variety of seasonal hot and cold dishes for children to freely choose from	Homemade Wholemeal Pizza served with Wedges and Beans or Coleslaw	Homemade Spanish Chicken served with Rice and Green Beans	All Day Veggie Breakfast with Veggie Sausage, Scrambled Egg, Wholemeal Toast, Mushrooms and Hash Brown	Chef Choice	Homemade Battered Fish with Chips and Minted Mushy Peas
Alternative Jacket potatoes with tuna and other fillings available daily	Pesto Pasta	Roasted Pepper Tomato Quiche	Veggie Lasagne	Chef Choice	Veggie Sausage Roll
Homemade Soup	Chef Choice	Split Pea	Chinese Sweetcorn	Chef Choice	Chef Choice
Starchy Food Various bread choices available	Homemade Pizza Base	Rice	Wholemeal Toast	Chef Choice	Chips
Vegetables Salad Bar with Hummus	Carrots	Green Beans	Mushrooms	Chef Choice	Mushy Peas
Dessert Fresh fruit, selection of low-fat yoghurts and homemade puddings available every lunch time	Fresh Fruit Salad Mixed Yoghurts	Vanilla Cheesecake Fresh Fruit	Pineapple Sponge Yoghurts	Apple Flapjacks Fresh Fruit	Cheese and Crackers Mixed Flavour Yoghurts

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