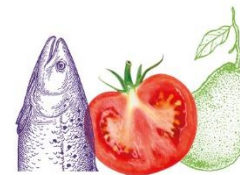


# Primary Lunch Menu



Week Commencing 05/06/2023

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b> We provide a variety of seasonal hot and cold dishes for children to freely choose from	Homemade Vegetable Lasagne served with Fresh Salad and Crusty Bread	Homemade Cumberland Sausage Slice served with Wedges and Beans	Homemade Chicken Curry served with Basmati Rice and Naan Bread	Spaghetti Bolognese served with Crusty Bread and Green Beans	Fish Fingers or Fish Pie Served with Chips and Garden Peas
<b>Alternative</b> Jacket potatoes with tuna and other fillings available daily	Asian Noodles	Cheesy Bean Pasta Bake	Quorn Mince Cottage Pie	Cheese and Tomato Panini	Veggie Sausage Roll
<b>Homemade Soup</b>	Chef Choice	Tomato and Basil	Chef Choice	Carrot and Coriander	Chef Choice
<b>Starchy Food</b> Various bread choices available	Pasta Sheet	Wedges	Rice	Spaghetti	Chips
<b>Vegetables</b> Salad Bar with Hummus	Fresh salads	Beans	Tomatoes	Green Beans	Garden Peas
<b>Dessert</b> Fresh fruit, selection of low-fat yoghurts and homemade puddings available every lunch time	Fresh Fruit Salad  Yoghurts	Oat Cookies  Fresh Fruit	Fresh Fruit Jelly  Yoghurts	Marble Cake  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.

Food For Thought is a not-for-profit school meals company owned by it's partner schools. Any surplus is reinvested in the company or returned to its member schools.

# Primary Lunch Menu



Week Commencing 12/06/23

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b> We provide a variety of seasonal hot and cold dishes for children to freely choose from	Homemade Chip shop Curry Sauce with Basmati Rice, Green Beans and Mango Chutney	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
<b>Alternative</b> Jacket potatoes with tuna and other fillings available daily	Pesto Pasta	Roasted Pepper Tomato Quiche	Vegetarian Chilli	Homemade Macaroni Cheese	Veggie Curry with Rice
<b>Homemade Soup</b>	Chef Choice	Split Pea	Chinese Sweetcorn	Leek and Potato	Chef Choice
<b>Starchy Food</b> Various bread choices available	Homemade Pizza Base	Rice	Wholemeal Toast	Wholemeal Bread	Chips
<b>Vegetables</b> Salad Bar with Hummus	Carrots	Green Beans	Mushrooms	Tomatoes and Cucumber	Mushy Peas
<b>Dessert</b> Fresh fruit, selection of low-fat yoghurts and homemade puddings available every lunch time	Fresh Fruit Salad	Tres Leches Cake	Fruit Scones with Jam or Cream	Apple Flapjacks	Cheese and Crackers
	Mixed Yoghurts	Fresh Fruit	Yoghurts	Fresh Fruit	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.

Food For Thought is a not-for-profit school meals company owned by it's partner schools. Any surplus is reinvested in the company or returned to its member schools.

# Primary Lunch Menu



Week Commencing 19/06/23

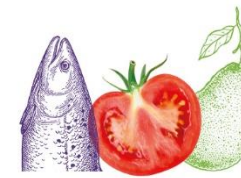
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b> We provide a variety of seasonal hot and cold dishes for children to freely choose from	Veggie Stir Fry served with Noodles and Baked Spring Rolls	BBQ Chicken served with Rice and Corn on the Cob.	Ham Roast Dinner Served with Cauliflower Cheese, Carrots and Roasted New Potatoes	Macaroni Cheese topped with Chilli Con Carne or Mixed Bean Chilli	Fish Cake or Fish Fingers and Chips served with Mushy Peas
<b>Alternative</b> Jacket potatoes with tuna and other fillings available daily	Cherry Tomato Quiche served with Crisp Fresh Salad	Tuna Pasta with Cucumber and Red Onion	Twice Baked Jacket Potatoes	Cheese and Tomato Toasties	Tandoori Salmon served with Pitta Bread
<b>Homemade Soup</b>	Chef Choice	Leek and Potato	Red pepper Soup	Tomato and Basil	Chef Choice
<b>Starchy Food</b> Various bread choices available	Noodles	Rice	Roast Potatoes	Macaroni	Chips
<b>Vegetables</b> Salad Bar with Hummus	Mixed Vegetables	Corn on the Cob	Cauliflower	Tomato	Mushy Peas
<b>Dessert</b> Fresh fruit, selection of low-fat yoghurts and homemade puddings available every lunch time	Ginger Biscuits  Fresh Fruit	Fresh Fruit Salad  Fresh Fruit	Apple Pie with pouring Cream  Yoghurts	Fresh Fruit Trifle  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.

Food For Thought is a not-for-profit school meals company owned by it's partner schools. Any surplus is reinvested in the company or returned to its member schools.

# Primary Lunch Menu



Week Commencing 26/06/23

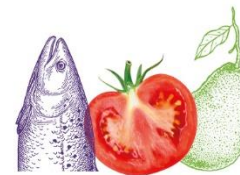
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b> We provide a variety of seasonal hot and cold dishes for children to freely choose from	A selection of Homemade Wholemeal Pizzas served with Homemade Wedges and Salad	Cajun Chicken Burrito. Served with Wholemeal Rice and Coleslaw	Carbonara Pasta Bake served with Homemade Garlic Bread	Homemade Chinese Style Chicken Curry served with Rice and Prawn Crackers	Fish Fingers with Chips and Baked Beans
<b>Alternative</b> Jacket potatoes with tuna and other fillings available daily	Broccoli and Cream Cheese Pasta Bake	Spanish Omelette	Salmon Fish Pie	Vegetable Quesadillas	Veggie Sausage Roll
<b>Homemade Soup</b>	Carrot and Coriander	Tomato and Basil	Red pepper Soup	Chef Choice	Chef Choice
<b>Starchy Food</b> Various bread choices available	Pizza Base	Rice	Bread	Rice	Chips
<b>Vegetables</b> Salad Bar with Hummus	Peppers	Green Beans	Tomatoes	Peas	Baked Beans
<b>Dessert</b> Fresh fruit, selection of low-fat yoghurts and homemade puddings available every lunch time	Fresh Fruit Salad  Fresh Fruit	Apple Flapjack  Fresh Fruit	Carrot Cake  Yoghurts	Fresh Fruit Jelly  Fresh Fruit	'Chocolate' Cookies  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.

Food For Thought is a not-for-profit school meals company owned by it's partner schools. Any surplus is reinvested in the company or returned to its member schools.

# Primary Lunch Menu



Week Commencing 03/07/23

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b> 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 Spaghetti Bolognese served with Fresh Garlic Bread	Sausage and Homemade Mashed Potato with Gravy and Peas	Chicken Katsu Curry served with Rice	Homemade Battered Fish with Chips and Minted Mushy Peas
<b>Alternative</b> Jacket potatoes with tuna and other fillings available daily	Feta and Vegetable Pasta	Vegetable Biryani	Cheese and Tomato Panini	Vegetable Sausage Toastie	Veggie Burger in a Bun
<b>Homemade Soup</b>	Broccoli and Cheddar	Chinese Sweetcorn	Chef Choice	Leek and Potato	Chef Choice
<b>Starchy Food</b> Various bread choices available	Wedges	Spaghetti	Mashed Potato	Rice	Chips
<b>Vegetables</b> Salad Bar with Hummus	Green Beans	Broccoli	Peas	Carrots and Broccoli	Mushy Peas
<b>Dessert</b> Fresh fruit, selection of low-fat yoghurts and homemade puddings available every lunch time	Apple and Oat Crumble with Pouring Cream  Fresh Fruit	Fresh Fruit Salad  Yoghurts	Iced Sponge Cake with Custard  Fresh Fruit	Homemade Rice Pudding served with Strawberry Jam  Yoghurts	Cheese and Crackers  Mixed Flavour Yoghurts

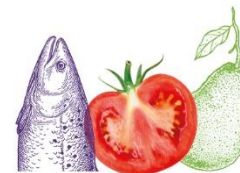
**Ask for daily chef specials**

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.

Food For Thought is a not-for-profit school meals company owned by it's partner schools. Any surplus is reinvested in the company or returned to its member schools.



# Primary Lunch Menu



Week Commencing 10/07/23

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b> We provide a variety of seasonal hot and cold dishes for children to freely choose from	Veggie Breakfast Wrap Veggie Sausage, Hash Brown, Mushroom and Beans Served in a Tortilla Wrap.	Slow Cooked Moroccan Lamb Served with Cous Cous and Greek Yoghurt Dip	Homemade Chicken Tikka Curry served with Basmati Rice and Naan Bread	Chefs Choice	Fish Fingers served with Chips and Garden Peas
<b>Alternative</b> Jacket potatoes with tuna and other fillings available daily	Spanish Omelette	Roasted Red Pepper Quiche	Vegetable Quesadillas	Chefs Choice	Veggie Sausage Roll
<b>Homemade Soup</b>	Chef Choice	Tomato and Basil	Pea and Mint	Chef Choice	Chinese Sweetcorn
<b>Starchy Food</b> Various bread choices available	Ravioli Pasta	Cous Cous	Basmati Rice	Chefs Choice	Chips
<b>Vegetables</b> Salad Bar with Hummus	Tomatoes	Cauliflower	Green Beans	Chefs Choice	Garden Peas
<b>Dessert</b> Fresh fruit, selection low-fat yoghurts and homemade puddings available every lunch	Fresh Fruit Salad  Fresh Fruit	Strawberries and Cream  Fresh Fruit	Sponge Cake topped with Jam and Whipped Cream  Yoghurts	Chefs Choice	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.

Food For Thought is a not-for-profit school meals company owned by it's partner schools. Any surplus is reinvested in the company or returned to its member schools.

# Primary Lunch Menu



Week Commencing 17.07.2023

Week 7	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b> We provide a variety of seasonal hot and cold dishes for children to freely choose from	Chefs Choice	Chefs Choice	Party Day!		
<b>Alternative</b> Jacket potatoes with tuna and other fillings available daily	Chefs Choice	Chefs Choice			
<b>Homemade Soup</b>	Chef Choice	Chefs Choice	Chef choice		
<b>Starchy Food</b> Various bread choices available	Chefs Choice	Chefs Choice			
<b>Vegetables</b> Salad Bar with Hummus					
<b>Dessert</b> Fresh fruit, selection of low-fat yoghurts and homemade puddings available every lunch time	Chefs Choice  Fresh Fruit	Chefs Choice  Fresh Fruit	Fresh Fruit		

## 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.

Food For Thought is a not-for-profit school meals company owned by it's partner schools. Any surplus is reinvested in the company or returned to its member schools.