

# PRIMARY MENU



| Week 1<br>w/c 8th January  | PROUDLY<br><b>MEAT<br/>Monday<br/>FREE</b><br>SUPPORTING | Tuesday   | Wednesday                     | Thursday  | Friday                         |
|----------------------------|--|---|-------------------------------|---|--------------------------------|
| <b>Soup of the Day</b>     | Carrot & Coriander                                       | Broccoli & Cheddar  | Chef Choice                   | Pea   | Chinese Sweetcorn              |
| <b>Main Meal</b>           | Wholemeal Pizza & Wedges                                 | Homemade Chicken Korma with wholegrain Rice & Mango Chutney | Sausage & Mash with Gravy     | Chef Daniel's Beef & Bean Quesadillas<br><i>(Winner of FFT Cookery Competition)</i> | Fish Fingers with Chips & Peas |
| <b>Meat Free Main Meal</b> | Broccoli & Cream Cheese Pasta Bake                       | Vegetable & Lentil Stew                                     | Macaroni Cheese               | Spanish Omelette with Salad   | Veggie Sausage Roll            |
| <b>Side dish</b>           | Wedges   | Wholegrain Rice   | Mash                          | Wraps   | Chips                          |
| <b>Vegetable</b>           | Peppers  | Green Beans   | Peas                          | Mushrooms   | Garden Peas                    |
| <b>Dessert</b>             | Fresh Fruit salad  | Apple Flapjacks   | Iced Sponge Cake with Custard | German Apple Cake   | Cheese & Crackers              |

**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 MENU



| Week 2<br>w/c 15th January | PROUDLY<br><b>MEAT<br/>Monday<br/>FREE</b><br>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>           | Tomato & Basil Pasta                                     | Ham Roast Dinner with Seasonal Vegetables & Potatoes | Scouse with Crusty Bread and Pickled Beetroot | Chef Choice | Fish Fingers or Tandoori Salmon with chips and Garden Peas |
| <b>Meat Free Main Meal</b> | Cheese and Onion Plate Pie with Carrots and Peas         | Vegetarian Chilli with Rice                          | pesto pasta                                   | Chef Choice | Veggie Burger in a Bun with Chips                          |
| <b>Side dish</b>           | wholemeal pasta  | Potatoes   | Crusty Bread                                  | Chef Choice | Chips  |
| <b>Vegetable</b>           | Tomatoes, Peas & Carrots                                 | Seasonal Vegetables                                  | Red Peppers and Beetroot                      | Chef Choice | Garden Peas  |
| <b>Dessert</b>             | Fresh Fruit Salad/ Yoghurt                               | Vanilla Cheesecake                                   | Pineapple and Coconut Sponge                  | Chef Choice | Cheese and crackers/Popcorn                                |

**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 3<br>w/c 22nd January | PROUDLY<br><b>MEAT<br/>FREE</b><br>SUPPORTING<br><i>Mondan</i> | Tuesday          | Wednesday                             | Thursday                                      | Friday                                 |
|----------------------------|--|------------------|---------------------------------------|---|--|
| <b>Soup of the Day</b>     | Chef Choice  | Leek & Potato    | Red Pepper Soup                       | Tomato & Basil                                | Chef Choice                            |
| <b>Main Meal</b>           | Cheesy Beans Pasta Bake  | Corned Beef Hash | Beef Chilli Tacos with Tortilla Chips | Spaghetti Bolognese with Salad & Garlic Bread | Fish Cake or Fish Fingers & Mushy Peas |
| <b>Meat Free Main Meal</b> | Cherry Tomato & Cheese Quiche with salad                       | Asian Noodles    | Macaroni Cheese                       | Vegetarian Sausage Toasties                   | Veggie Fingers                         |
| <b>Side dish</b>           | wholemeal pasta  | Potatoes         | wraps                                 | wholemeal Spaghetti                           | Chips                                  |
| <b>Vegetable</b>           | Tomatoes   | Carrots          | Cabbage                               | Tomatoes                                      | Mushy Peas                             |
| <b>Dessert</b>             | Sponge Cake & Custard  | Ginger Biscuits  | Fresh Fruit Salad                     | Fresh Fruit Trifle                            | Cheese and Crackers                    |

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 4<br>w/c 29th January | PROUDLY<br><b>MEAT<br/>FREE</b><br>SUPPORTING<br><i>Mondays</i> | Tuesday                      | Wednesday  | Thursday                                    | Friday   |
|----------------------------|---|------------------------------|--|---|--|
| <b>Soup of the Day</b>     | Chef Choice   | Tomato & Basil               | Broccoli & Cheddar                                     | Chef Choice                                 | Chinese Sweetcorn  |
| <b>Main Meal</b>           | Vegan Ravioli in<br>Homemade Tomato<br>Sauce with Crusty Bread  | All Day Breakfast            | Chinese Chicken Curry<br>with Rice & Prawn<br>Crackers | Homemade Cottage Pie<br>with Peas & Carrots | Fish Fingers or Tandoori<br>Salmon with Chips &<br>Garden Peas |
| <b>Meat Free Main Meal</b> | Spanish Omelette  | Roasted Red Pepper<br>Quiche | Vegetable & Lentil Stew                                | Vegetable Quesadillas                       | Veggie Sausage Roll  |
| <b>Side dish</b>           | Pasta   | Toast                        | Wholegrain Rice  | Mash  | Chips  |
| <b>Vegetable</b>           | Tomatoes  | Mushrooms                    | Cabbage  | Carrots                                     | Garden Peas  |
| <b>Dessert</b>             | Fresh Fruit Salad   | Shortbread Biscuits          | Sponge Cake topped with<br>jam & whipped cream         | Apple Flapjacks                             | Cheese and Crackers  |

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 5<br>w/c 5th February   |  | Tuesday                                   | Wednesday                                       | Thursday   |  <b>Friday<br/>National Pizza Day</b> |
|--|---|---|---|--|--|
| Soup of the Day  | Chefs Choice  | Tomato & Basil                            | Red Pepper Soup                                 | Chef Choice  | Chinese Sweetcorn  |
| Main Meal  | Veggie Spaghetti<br>Bolognese with Garlic<br>Bread                                | Sausage Casserole                         | Carbonara Penne Pasta<br>Bake with Garlic Bread | Chicken Fajita wraps with<br>Onions, Peppers &<br>Tomatoes                         | Fish Fingers with Chips &<br>Mushy Peas  |
| Meat Free Main Meal  | Welsh Rarebit   | Individual Vegetable &<br>Cheese Omelette | Vegetable and Rice<br>Enchiladas                | Cheese & Red Onion<br>Quiche   | Wholemeal Pizza  |
| Side dish  | Wholemeal Spaghetti   | Mash                                      | Wholemeal Pasta                                 | Wholemeal Rice   | Chips  |
| Vegetable  | Tomatoes  | Onions                                    | Tomatoes  | Onions   | Mushy Peas   |
| Dessert  | 'Chocolate' Fudge Cake  | Oat Cookies                               | Sticky Toffee Pudding                           | Fresh Fruit Salad  | Cheese & Crackers  |
| <b>Jacket Potatoes with tuna, cheese or<br/>beans, Salad, Hummus, Fresh Fruit &amp;<br/>Yoghurts available daily</b> |   | <b>Ask Chef about the Daily Special</b>   |   | <b>Please speak to a member of school<br/>staff about any dietary requirements</b> |  |