

Primary School Menu September 2022 – July 2023
Week One

MONDAY

Cheese Omelette

Hash Browns

Baked Beans

★ ★ ★ ★

Quorn Bolognese (v)

Crusty Bread

Garden Peas

★ ★ ★ ★

Egg & Cress
Baguette

★ ★ ★ ★

Filled Jacket Potato
Choice of Cheese or
Baked Beans (v)
with Salad

DESSERT

Fresh Fruit or Yoghurt

TUESDAY

Chicken Korma

Fluffy Rice

Green Beans

★ ★ ★ ★

Quorn Mince Pie (v)

Creamed Potatoes

Turnip

★ ★ ★ ★

Cheese Savoury
Sandwich

★ ★ ★ ★

Filled Jacket Potato
Choice of Cheese,
Baked Beans (v)
or Tuna with Salad

DESSERT

Shortbread
& Custard

WEDNESDAY

Cheese & Tomato Pizza

Seasoned Wedges

Crunchy Coleslaw

★ ★ ★ ★

Vegetable Fingers (v)

Seasoned Wedges

Wholewheat Hoops

★ ★ ★ ★

Ham Sandwich

★ ★ ★ ★

Filled Jacket Potato
Choice of Cheese,
Baked Beans (v)
or Tuna with Salad

DESSERT

Strawberry Mousse

THURSDAY

**Roast Turkey
Sage and Onion Stuffing**

Creamed Potatoes

Carrots

★ ★ ★ ★

Pasta Pomodoro (v)

Garlic Bread

Broccoli

★ ★ ★ ★

Tuna Sandwich

★ ★ ★ ★

Filled Jacket Potato
Choice of Cheese,
Baked Beans (v)
or Tuna with Salad

DESSERT

Lemon Drizzle Cake
& Custard

FRIDAY

Fish Fingers

Chips

Mushy Peas

★ ★ ★ ★

BBQ Quorn and
Stir Fry Vegetables (v)

Egg Noodles

★ ★ ★ ★

Turkey Sandwich

★ ★ ★ ★

Filled Jacket Potato
Choice of Cheese,
Baked Beans (v)
or Tuna with Salad

DESSERT

Chocolate Brownie

Also available every day:

Choice of:

- Salad bar
- Fresh fruit selection
- Yoghurt
- Cheese and biscuits

Choice of drinks:

- Fruit juice
- Reduced fat milk
- Chilled water

- Selection of fresh bread and rolls

Menus are subject to availability

(V) suitable for Vegetarians or (VG) Vegan diets

Primary School Menu September 2022 – July 2023
Week Two

MONDAY

Quorn Dippers

Potato Wedges

Spaghetti Hoops

Quorn & Chickpea
Curry (v)

Vegetable Rice

Cheese Sandwich

Filled Jacket Potato
Choice of Cheese or
Baked Beans (v)
with Salad

DESSERT

Apple Pie & Custard

TUESDAY

Mince & Dumplings

Creamed Potato

Cauliflower

Quorn Meatballs in Tomato
Sauce with Pasta (v)

Garlic Bread

Garden Peas

Turkey Sandwich

Filled Jacket Potato
Choice of Cheese,
Baked Beans (v)
or Tuna with Salad

DESSERT

Fresh Fruit or Yoghurt

WEDNESDAY

Roast Chicken
Yorkshire Pudding

Mashed Potato

Cabbage

Quorn Burger in Bun (v)

Diced Potatoes

Baked Beans

Tuna Sandwich

Filled Jacket Potato
Choice of Cheese,
Baked Beans (v)
or Tuna with Salad

DESSERT

Vanilla Cookie

THURSDAY

Pork Sausages
with Gravy

Oven Roast Potatoes

Mashed Turnip

Vegetarian Lasagne (v)

Crusty Bread

Green Salad

Ham Sandwich

Filled Jacket Potato
Choice of Cheese,
Baked Beans (v)
or Tuna with Salad

DESSERT

Sticky Orange Sponge
& Custard

FRIDAY

Battered Fish

Chips

Mushy Peas

Cheese and Potato Pie (v)

Chips

Coleslaw

Cheese Sandwich

Filled Jacket Potato
Choice of Cheese,
Baked Beans (v)
or Tuna with Salad

DESSERT

Frozen Yoghurt

Also available every day:

Choice of:

- Salad bar
- Fresh fruit selection
- Yoghurt
- Cheese and biscuits

Choice of drinks:

- Fruit juice
- Reduced fat milk
- Chilled water

- Selection of fresh bread and rolls

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Primary School Menu September 2022 – July 2023
Week Three

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tomato & Mascarpone Pasta	Chicken Jalfrezi	Turkey & Vegetable Pie	Spaghetti Bolognese	Fish Goujons
Garlic Bread	Boiled Rice	Creamed Potatoes	Garlic Bread	Chips
Mixed Salad * * * *	Apple & Cucumber Salad * * * *	Broccoli * * * *	Carrots * * * *	Beetroot * * * *
Southern Style Quorn Fillet (v)	Margherita Pizza (v)	Quorn Kofta (v) with Savoury Rice	Quorn Sausage Roll (v)	Three Bean Chilli (v)
Seasoned Wedges	Diced Potatoes	Pitta Bread	Oven Roast Potatoes	Fluffy Rice
Beans * * * *	Sweetcorn * * * *	Coleslaw * * * *	Wholewheat Hoops * * * *	Garden Peas * * * *
Egg Mayo Sandwich * * * *	Tuna Wrap * * * *	Cheese Savoury Sandwich * * * *	Ham & Tomato Sandwich * * * *	Chicken Mayo Sandwich * * * *
Filled Jacket Potato	Filled Jacket Potato	Filled Jacket Potato	Filled Jacket Potato	Filled Jacket Potato
Choice of Cheese or Baked Beans (v) with Salad	Choice of Cheese, Baked Beans (v) or Tuna with Salad	Choice of Cheese, Baked Beans (v) or Tuna with Salad	Choice of Cheese, Baked Beans (v) or Tuna with Salad	Choice of Cheese, Baked Beans (v) or Tuna with Salad
DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
Chocolate Cookie	Strawberry or Vanilla Ice Cream	Fresh Fruit or Yoghurt	Apple Crumble Muffin	Flapjack & Custard

Also available every day:	Choice of:	Choice of drinks:	
	<ul style="list-style-type: none"> • Salad bar • Fresh fruit selection • Yoghurt • Cheese and biscuits 	<ul style="list-style-type: none"> • Fruit juice • Reduced fat milk • Chilled water 	<ul style="list-style-type: none"> • Selection of fresh bread and rolls

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