Primary – WEEK ONE

September 2021 – July 2022

MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheese and Tomato Pizza **(v)**	Lasagne Garlic & Herb Bread	Mince and Dumplings Creamed Potatoes	Roast Pork Sage and Onion Stuffing Baby Boiled Potatoes	Salmon or Cod Fish Fingers Oven Roast Potatoes
Chips Coleslaw	Garden Peas	Broccoli	Carrots	Beetroot
✶ ✶ ✶ ✶	✶ ✶ ✶ ✶	✶ ✶ ✶ ✶	✶ ✶ ✶ ✶	✶ ✶ ✶ ✶
Quorn Keema Curry**(v)** Savoury Rice	BBQ Quorn Fillet **(v,vg)** Seasoned Potato Wedges	Meat Free Cheeseburger **(v,vg)** in Bun Chips	Lentil and Vegetable Soup **(v)** with Cheesy Crouton	Cheese and Onion Quiche **(v)** Oven Roast Potatoes
Cauliflower	Baked Beans	Sweetcorn		Garden Peas
✶ ✶ ✶ ✶	✶ ✶ ✶ ✶	✶ ✶ ✶ ✶	✶ ✶ ✶ ✶	✶ ✶ ✶ ✶
Sandwich Selection **(v)**	Sandwich Selection	Sandwich Selection	Sandwich Selection	Sandwich Selection
✶ ✶ ✶ ✶	✶ ✶ ✶ ✶	✶ ✶ ✶ ✶	✶ ✶ ✶ ✶	✶ ✶ ✶ ✶
Jacket Potato with Choice of Filling Cheese, Baked Beans **(v)** or Tuna	Jacket Potato with Choice of Filling Cheese, Baked Beans **(v)** or Tuna	Jacket Potato with Choice of Filling Cheese, Baked Beans **(v)** or Tuna	Jacket Potato with Choice of Filling Cheese, Baked Beans **(v)** or Tuna	Jacket Potato with Choice of Filling Cheese, Baked Beans **(v)** or Tuna

Available Daily
Salad bar, selection of fresh bread and rolls
Choice of drinks- Fruit juice drink, reduced fat milk, chilled drinking water
Fresh Fruit Selection, Yoghurt and Cheese and Biscuits

DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
Frozen Flavoured Yoghurt	Flapjack with Custard	Melting Moment Biscuit Chilled Drink	Chocolate Cake with Chocolate Sauce	Strawberry Cupcake Chilled Drink

Menus are subject to availability (V)suitable for Vegetarians or (VG)Vegan diets

Primary – WEEK TWO

September 2021 – July 2022

MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Macaroni Cheese **(v)**	Baked Low Fat Pork Sausages	Spaghetti Bolognese	Roast Chicken Fillet Yorkshire Pudding	Cod Fishcake
Focaccia Bread	Creamed Potatoes	Garlic Bread	Oven Roast Potatoes	Chips
Garden Peas	Broccoli	Sweetcorn	Savoy Cabbage	Spaghetti Hoops
✶ ✶ ✶ ✶	✶ ✶ ✶ ✶	✶ ✶ ✶ ✶	✶ ✶ ✶ ✶	✶ ✶ ✶ ✶
Vegetable Fingers**(v)** with Tomato Ketchup	Chinese Style Vegetable Curry **(v, vg)** Steamed Rice or Egg Noodles	Cheese Omelette **(v)**	Tuna or Cheese Tortilla Wedge**(v)**	Quorn and Vegetable Pie **(v)**
Seasoned Wedges		Hash Browns		Creamed Potatoes
		Baked Beans	Oven Roast Potatoes Coleslaw	Carrots
Garden Peas				
✶ ✶ ✶ ✶	✶ ✶ ✶ ✶	✶ ✶ ✶ ✶	✶ ✶ ✶ ✶	✶ ✶ ✶ ✶
Sandwich Selection **(v)**	Sandwich Selection	Sandwich Selection	Sandwich Selection	Sandwich Selection
✶ ✶ ✶ ✶		✶ ✶ ✶ ✶		✶ ✶ ✶ ✶
Jacket Potato with Choice of Filling Cheese, Baked Beans **(v)** or Tuna	Jacket Potato with Choice of Filling Cheese, Baked Beans **(v)** or Tuna	Jacket Potato with Choice of Filling Cheese, Baked Beans **(v)** or Tuna	Jacket Potato with Choice of Filling Cheese, Baked Beans **(v)** or Tuna	Jacket Potato with Choice of Filling Cheese, Baked Beans **(v)** or Tuna

Available Daily,

Salad bar, selection of fresh bread and rolls
Choice of drinks- Fruit juice drink, reduced fat milk, chilled drinking water Fresh Fruit Selection, Yoghurt and Cheese and Biscuits

DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
Madeleine Sponge with Custard	Lemon Drizzle Cake with Custard	Chocolate Banana Muffin Chilled Drink	Ice Cream Tub with Shortbread Finger	Anzac Biscuit Chilled Drink

Menus are subject to availability (V)suitable for Vegetarians or (VG)Vegan diets

Primary – WEEK THREE

September 2021 – July 2022

MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pasta Pomodoro **(v)**	Chicken Jalfrezi	Meat Balls in Gravy	Roast Beef	Crispy Coated Fish
	Rice		Yorkshire Pudding	
Garlic Bread	or	Creamed Potatoes	Oven Roast Potatoes ‘	Chips
	Naan Bread			
Sweetcorn	Minted Apple and Cucumber Salad	Broccoli	Carrots	Garden or Mushy Peas
✶ ✶ ✶ ✶	✶ ✶ ✶ ✶	✶ ✶ ✶ ✶	✶ ✶ ✶ ✶	✶ ✶ ✶ ✶
Fishless Fish Fingers **(v,vg)**	Quorn Burger **(v)** in	Pizza Margherita **(v)**	Quorn Dippers **(v)**	Quorn Sausage Roll **(v)**
Chips	Bun	Seasoned Wedges	Hash Browns	Chips
	Oven Roast Potatoes			
Garden Peas	Baked Beans	Sweetcorn	Spaghetti Hoops	BBQ Baked Beans
✶ ✶ ✶ ✶	✶ ✶ ✶ ✶	✶ ✶ ✶ ✶		
				✶ ✶ ✶ ✶
Sandwich Selection **(v)**	Sandwich Selection	Sandwich Selection	Sandwich Selection	Sandwich Selection
✶ ✶ ✶ ✶	✶ ✶ ✶ ✶	✶ ✶ ✶ ✶	✶ ✶ ✶ ✶	✶ ✶ ✶ ✶
Jacket Potato with Choice of Filling Cheese, Baked Beans **(v)** or Tuna	Jacket Potato with Choice of Filling Cheese, Baked Beans **(v)** or Tuna	Jacket Potato with Choice of Filling Cheese, Baked Beans **(v)** or Tuna	Jacket Potato with Choice of Filling Cheese, Baked Beans **(v)** or Tuna	Jacket Potato with Choice of Filling Cheese, Baked Beans **(v)** or Tuna

Available Daily
Salad bar, selection of fresh bread and rolls
Choice of drinks- Fruit juice drink, reduced fat milk, chilled drinking water
Fresh Fruit Selection, Yoghurt and Cheese and Biscuits

DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
Frozen Strawberry Mousse	Sticky Date Pudding with Custard	Rice Pudding with Peaches	Pineapple Upside Down Cake with Custard	Fresh Fruit Salad or Yoghurt

Menus are subject to availability (V)suitable for Vegetarians or (VG)Vegan diets

Menus are subject to availability (V)suitable for Vegetarians or (VG)Vegan diets