

Primary Menu

September 2016 – February 2017

Menu Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Choice One	Homemade Pizza	Roast Chicken with Gravy *	Meatball Sub *	Minced Beef Pie*	Fish Fingers with Tomato Ketchup (GF)
Choice Two	Falafels with Garlic Dip	Cauliflower and Broccoli Gratin	Turkey Casserole*	Tuna and Sweetcorn Tortilla Wedge	Lasagne *
Seasonal Vegetables	Sweetcorn	Carrot Batons	Spaghetti Hoops in Tomato Sauce	Broccoli	Beetroot
	Baked Beans	Mixed Vegetables	Savoy Cabbage	Tomato salsa	Garden Peas
Accompaniments	Seasoned Potato Wedges			Creamed Potatoes	Chips
	Savoury Vegetable Couscous	Parsley Potatoes	Oven Roast Potatoes	Sweet Pepper Rice	
Also available as a meat or meat free option *					
Sandwiches and Jacket Potatoes will be available on alternative days Salad bar, selection of fresh bread and rolls available daily					
Sandwiches	Egg and Tomato Sandwich		Cheese Savoury Sandwich	Baked Bean Filled Jacket Potato	Ham Salad Sandwich
Filled Jacket Potato		Tuna Filled Jacket Potato			
Dessert	Raspberry Ripple Mousse	Chocolate Shortbread Custard	Spiced Apple Muffin	Sticky Toffee Pudding Custard	Rice Pudding with Jam Sauce
Alternative Desserts	Fresh fruit, low fat yoghurt, and cheese and biscuits				
Daily Choice of Drinks to include:	Fruit juice drink, reduced fat milk, flavoured, milk chilled drinking water				

GF Suitable for Gluten Free

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Menu Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Choice One	Chinese Style Vegetable Curry	Chicken Bites with Garlic Mayo*	Beef Burger in Bun *	Savoury Minced Beef with Dumpling *	Salmon Fish Fingers with Tomato Relish
Choice Two	Cheese Omelette	Penne Pasta Ragu	Pork Tenderloin* with Sage and Onion Stuffing	Chicken Korma*	Homemade Hawaiian Pizza
Seasonal Vegetables	Baked Beans	Beetroot	Baked Beans	Carrot Batons	Minted Peas
	Broccoli	Sweetcorn	Mixed Vegetables	Green Beans	Red Slaw
Accompaniments	Egg Noodles	Country Diced Potatoes	Oven Roast Potatoes	Baby Jacket Potatoes	Chips
	Hash Browns			Steamed Rice	
Also available as a meat or meat free option * Sandwiches and Jacket Potatoes will be available on alternative days Salad bar, selection of fresh bread and rolls available daily					
Sandwiches		Ham and Tomato Sandwich		Egg and Cress Sandwich	
Filled Jacket Potato	Baked Bean Filled Jacket Potato		Tuna Filled Jacket Potato		Chicken Mayo Filled Jacket Potato
Dessert	Frozen Yoghurt	Pear and Chocolate Sponge Custard	Strawberry Cupcake	Pineapple Upside Down Cake Custard	Anzac Biscuit
Alternative Desserts Daily Choice of Drinks to include: Fresh fruit, low fat yoghurt, and cheese and biscuits Fruit juice drink, reduced fat milk, flavoured milk, chilled drinking water					

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Menu Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Choice One	Fish Goujons	Spicy Chicken and Spinach Curry*	Lamb Kofta in Pitta* Bread with Yoghurt and Mint Raita	Roast Beef with Yorkshire Pudding *	Battered Fish Portion
Choice Two	Carrot and Leek Quiche	Baked Sausages *	Southern Style Chicken Fillet with Garlic Mayo*	Homemade Pizza Margherita	Pasta Bolognese*
Seasonal Vegetables	Garden Peas	Broccoli	Apple and Cucumber Salad	Carrot and Swede Medley	Mushy Peas
	Coleslaw	Spaghetti Hoops in Tomato Sauce	Green Beans	Beetroot	Sweetcorn
Accompaniments	Country Diced Potatoes	Steamed Rice	Couscous	Mashed Potatoes Seasoned Potato Wedges	Chips
		Oven Roast Potatoes	Baby Jacket Potatoes		
Also available as a meat or meat free option * Sandwiches and Jacket Potatoes will be available on alternative days Salad bar, selection of fresh bread and rolls available daily					
Sandwich	Tuna Sandwich		Egg Mayo Sandwich		Ham Sandwich
Filled Jacket Potato		Cheese Filled Jacket Potato		Baked Bean Filled Jacket Potato	
Dessert	Lemon Drizzle Muffin	Warm Apple Pie with Ice Cream	Fruity Flapjack	Chocolate Brownie	Ginger Snap Biscuit
			Custard	Chocolate Sauce	
Alternative Desserts	Fresh fruit, low fat yoghurt, and cheese and biscuits				
Daily Choice of Drinks to include:	Fruit juice drink, reduced fat milk, flavoured milk, chilled drinking water				

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