






Primary Lunch Menu Autumn 2021



Lunch Menu

Week 1 - Mains



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------|--|---|--|---|---|
| Hot Main Dish | Chinese Veggie Noodles (V)  Fragrant egg noodles with stir fried vegetables | Hot Chicken Sandwich with Potato Wedges Chicken breast with lettuce and mayonnaise | Roast Chicken with Roast Potatoes and Gravy Succulent roast chicken with fluffy roasties and tasty gravy | Beef Meatballs in Tomato Sauce  Beef meatballs in a yummy tomato sauce | Golden Fish Fingers and Chips Crispy Fish Fingers and scrummy chips |
| Alternative Dish | Cheese and Tomato Pizza** (V) With Dough Balls Cheesy tomato topped pizza slice | Allegra's BBQ Beans (V)  Served with Cornbread | Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy (V)  A chunky sweet potato and chickpea roast | Butternut Squash and Tomato Bake with Rice (V) ** A delicious butternut squash and tomato bake served with rice | Quorn Dippers and Chips (V) Crispy Quorn nuggets with their fav sauce – ketchup |
| Third Choice | | Jacket Potato with Salmon Mayonnaise *** | | | |
| Salads | A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot. | | | | |
| Jacket Potato | Jacket Potato With A Choice Of Fillings  | | | | |
| Pasta | Tomato Pasta ** (V) A delicious fresh, homemade tomato sauce with penne pasta | | | | |
| Vegetables | Green Beans Sweetcorn | Peas Broccoli | Carrots Cabbage | Broccoli Sweetcorn | Baked Beans Peas |
| Desserts | Raspberry Ripple Ice-Cream | Secret Brownie | Shortbread Biscuit with Fruit Slices* | Berry & Peach Oaty Crumble* with Custard | Orange, Sultana & Carrot Slice |



Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

*Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian

Lunch Menu

Week 2 - Mains



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------|---|--|---|--|--|
| Hot Main Dish | Veggie Bolognese ** (V)  Penne pasta in a yummy tomato and Quorn sauce | Allegra's Chicken Katsu Served with wholemeal rice | Roast Turkey with Roast Potatoes and Gravy Succulent roast turkey with fluffy roasties and tasty gravy | Beef Lasagne with a Garlic & Herb Bread Wedge ** A classic Italian layered pasta dish with beef mince | Hand Battered fish and Chips Crispy battered fish and scrummy chips |
| Alternative Dish | Cheese and Tomato Pizza ** with Dough Balls (V) Cheesy tomato topped pizza slice | The Incredible Burger with Potato Wedges (V) Southern style vegetable burger with lettuce and tomato sauce | Creamy Vegetable Pie (V) with Roast Potatoes and Gravy Creamy vegetable pie with a cheesy shortcrust topper | Veggie Balls in a Tomato Sauce with Pasta (V) **  Moroccan style veggie balls in a yummy tomato sauce | Tomato Veggie Burger with Chips (V)  A delicious homemade veggie burger |
| Salads | A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot. | | | | |
| Jacket Potato | Jacket Potato With A Choice Of Fillings  | | | | |
| Pasta | Tomato Pasta ** (V) A delicious fresh, homemade tomato sauce with penne pasta | | | | |
| Vegetables | Carrot Sticks Cucumber Sticks | Peas Broccoli | Carrots Cabbage | Green Beans Sweetcorn | Baked Beans Peas |
| Desserts | Flapjack with Fruit Slices* | Peach Shortbread Pudding* & Custard | Crunchy Chocolate Biscuit | Fruity Chocolate Brownie | Vanilla Ice-Cream |

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily





*Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian



Lunch Menu

Week 3 - Mains



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------|---|--|---|---|---|
| Hot Main Dish | Cheese and Tomato Pizza** (V) Cheesy tomato topped pizza slice | Allegra's Garlicky Chicken and Spanishy Spuds  Garlic seasoned chicken served with potatoes | Roast Pork with Roast Potatoes and Gravy Succulent roast pork with fluffy roasties and tasty gravy | Beef Bolognese  A classic Italian beef bolognese in a yummy tomato sauce | Breaded BBQ Chicken Wrap and Chips Seasoned chicken strips with lettuce topped with bbq sauce, wrapped in a soft tortilla |
| Alternative Dish | Veggie Sausage and Mash with Gravy (V) Fluffy mash with veggie sausages and rich gravy  | Macaroni Cheese (V) Delicious macaroni in a creamy cheese sauce | Butternut Squash and Potato Pastry Slice with Roast Potatoes and Gravy (V) A chunky Butternut Squash and potato slice | Veggie Lasagne served with a bread wedge (V) ** Delicious sheets of pasta layered with veggies and tomato sauce | Soft Taco and Chips (V) A soft taco shell filled with a yummy veggie tomato chilli  |
| Salads | A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot. | | | | |
| Jacket Potato | Jacket Potato With A Choice Of Fillings | | | | |
| Pasta | Tomato Pasta ** (V) A delicious fresh, homemade tomato sauce with penne pasta | | | | |
| Vegetables | Peas Carrots | Sweetcorn Broccoli | Carrots Cabbage | Green Beans Sweetcorn | Baked Beans Peas |
| Desserts | Oatie Biscuit with Fruit Slices* | Apple and Carrot Yoghurt Muffin* | Strawberry Ice Cream | Chocolate Slice | Crispy Snow Bar |

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily.

*Fruit Based ** Wholegrain ***Oily Fish (V) Vegetarian

