



PRIMARY MENU

WEEK 1

WEEK 2

WEEK 3

NAME:

SCHOOL:

ALLERGY:
Egg Free

Also served daily:

Fresh Fruit
Wholemeal Bread
Yoghurt
Cheese & Biscuits
Ice cream
Semi-Skimmed Milk
Water

**WHOLEMEAL
BREAD CAN BE
SERVED**

**ONLY THE FOOD
STATED ON THIS
MENU IS TO BE
SERVED**

MONDAY

Oven Baked Sausages
or Italian Style Pasta
or Jacket Potato topped with Cheese V
Jacket Potato Wedges
Sweetcorn or Garden Peas or Salad
Yoghurt

TUESDAY

Chicken & Leek Casserole (Knorr gravy)
or Roast Beef
Creamed Potatoes
Green Beans or Diced Swede
Ice Cream & Peach Slices

WEDNESDAY

Haddock Bake
or Mexican Chilli
Vegetable Rice or Boiled Potatoes
Baked Beans or Broccoli or Salad
Jam & Cream Scone
or Fruit Jelly & Cream Swirl

THURSDAY

Savoury Meatballs in Gravy (Knorr gravy)
or Cod & Salmon Fish Fingers
Boiled Potatoes
Spaghetti in Tomato Sauce
or Country Vegetables or Salad
Fresh Fruit

FRIDAY

Wholemeal Cheese & Tomato Pizza V
or Chicken Korma/Tikka
Wholegrain Rice or Chipped Potatoes
Garden Peas or Sweetcorn Kernels or Salad
Fruit Yoghurt

MONDAY

Oven Baked Fish Fillet
or Chinese Chicken
Sauté Potatoes
Garden Peas or Sweetcorn or Salad
Ice Cream

TUESDAY

Bolognese & French Bread
or Tuna & Cheese Melt
Pasta or Jacket Potato
Broccoli Florets or Diced Mixed Vegetables
or Salad
Fresh Fruit

WEDNESDAY

Oven Baked Sausages
Creamed Potatoes
Country Vegetables or Baked Beans/Tomatoes
or Salad
Fruit Jelly

THURSDAY

Oven Baked Lamb Grill (Knorr gravy)
or Roast Chicken & Stuffing
Creamed Potatoes or Boiled Potatoes
Shredded Cabbage or Baton Carrots
or Salad
Fruit Ripple Ice Cream or Rice Pudding

FRIDAY

Cod & Salmon Fishcake
or Jacket Potato topped with Cheese V
Jacket Potato or Chipped Potatoes
Garden Peas or Sweetcorn Kernels or Salad
Yoghurt

MONDAY

Savoury Meatballs in Tomato Sauce
Jacket Potato or Pasta
Country Vegetable Medley or Salad
Fresh Fruit

TUESDAY

Fish Fillet Fingers
or Cheesy Topped Ranch Pie
Boiled Potatoes or Seasoned Potatoes
Mixed Diced Vegetables or Broccoli
or Salad
Ice Cream & Fruit Slices

WEDNESDAY

Sliced Roast Pork & Sage & Onion Stuffing,
Apple Sauce & Rich Gravy Sauce (Knorr gravy)
or Chicken & Lentil Stew (Knorr gravy)
Boiled or Creamed Potatoes
Green Beans or Baton Carrots or Salad
Fresh Fruit

THURSDAY

Wholemeal Cheese & Tomato Pizza V
or Chicken & Vegetable Burrito
Savoury Pasta or Jacket Potato
Sweetcorn or Garden Peas or Salad
Fruit Yoghurt

FRIDAY

Lemon Sole Grill
or Hotdog
or Jacket Potato topped with Cheese V
Jacket Potato or Chipped Potatoes
Baked Beans or Garden Peas or Salad
Ice Cream