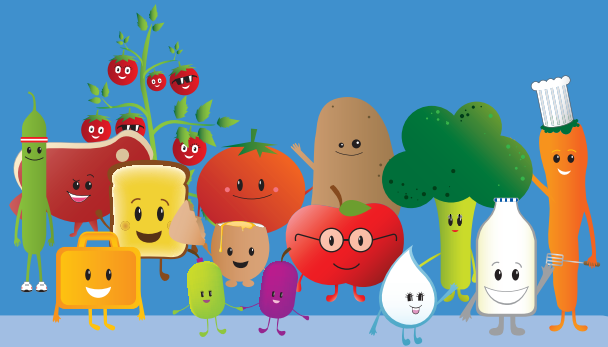


Primary school menu

September 2013 - July 2014



Week commencing - 2 September 2013, 23 September 2013, 14 October 2013, 4 November 2013, 25 November 2013, 16 December 2013, 6 January 2014, 27 January 2014, 24 February 2014, 17 March 2014, 21 April 2014, 12 May 2014, 2 June 2014, 23 June 2014, 14 July 2014

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chicken Tikka Massala served with Rice or Warm Tortilla Wrap	Savoury Mince and Yorkshire Pudding served with New Potatoes	Harry Ramsden's Junior Battered Fish served with Chips	Beef Cobbler served with Creamed Potato	Roast Turkey Stuffing & Gravy served with Parsley Potato
Vegetarian Option	Tomato and Macaroni Cheese served with Herby Potato	Cheese Quiche served with Jacket Potato	Tomato and Cheese Risotto served with Herby Bread	Cheese and Tomato Pizza served with Seasoned Wedges	Quorn Hotdog Spirals served with BBQ Noodles
The Filling Station	A daily selection of lighter bites will also be on offer such as filled jacket potatoes, home made soup & sandwich, hot deli sandwiches & wraps, Wallace & Gromit pasta shapes with sauces				
Vegetables	Carrots Green Beans	Sweetcorn Broccoli	Garden Peas Carrot and Swede Mix	Cauliflower Baked Beans	Savoy Cabbage Mixed Vegetables
Desserts	Pear and Chocolate Sponge with Custard	Layered Fruit Jelly and Mousse	Jam/Syrup Roll or Sponge and Custard	Oaty Biscuit	Toffee Apple Muffin
	Fresh Fruit & Yoghurt available as an alternative				
Drinks	Fresh Fruit Juice	Strawberry Milkshake	Fresh Fruit Juice	Milk	Chocolate Milkshake

Week commencing - 9 September 2013, 30 September 2013, 21 October 2013, 11 November 2013, 2 December 2013, 13 January 2014, 3 February 2014, 3 March 2014, 24 March 2014, 28 April 2014, 19 May 2014, 9 June 2014, 30 June 2014

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Pork Meatballs in a Tomato Sauce/Gravy served with Tagliatelle/Creamed Potato	Roast Chicken and Stuffing served with Potato and Turnip Mash	Mince and Leek Pudding or Dumpling served with Parsley Potato	Home Made Corned Beef Pasty served with Roast Potatoes	Giant Fish Cake served with Chips and Tomato Sauce
Vegetarian Option	Vegetable Lasagne served with Jacket Potato	Quorn Sausage Paella served with Baby New Potatoes	Keema Curry served with Naan Bread or Rice	Vegetable Chilli served with Cous Cous	Vegetable Chow Mein served with Egg Fried Rice
The Filling Station	A daily selection of lighter bites will also be on offer such as filled jacket potatoes, home made soup & sandwich, hot deli sandwiches & wraps, Wallace & Gromit pasta shapes with sauces				
Vegetables	Carrots Green Beans	Cabbage Carrot and Swede Mix	Mixed Vegetables Sweetcorn	Baked Beans Broccoli	Garden Peas Cauliflower
Desserts	Feathered Jam Sponge and Custard	Butterfly Cupcake	Fruit Crunch	Chocolate Swirl Cookie	Rice Pudding and Chocolate Finger
	Fresh Fruit & Yoghurt available as an alternative				
Drinks	Fresh Fruit Juice	Strawberry Milkshake	Milk	Chocolate Milkshake	Fresh Fruit Juice

Week commencing - 16 September 2013, 7 October 2013, 18 November 2013, 9 December 2013, 20 January 2014, 10 February 2014, 10 March 2014, 31 March 2014, 5 May 2014, 16 June 2014, 7 July 2014

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Home Made Ham and Cheese Slice served with Herby Diced Potato	Cumberland Sausage and Onion Gravy served with Champ	Roast Ham and Pineapple or Pease Pudding served with Croquette Potato	Mince and Vegetable Pie served with Creamed Potato	Salmon Fish Fingers served with Chips
Vegetarian Option	Sweet Potato & Vegetable Curry served with Naan Bread	Vegetable Pinwheel served with Jacket Potato	Quorn Fried Rice served with Parsley Potato	Cauliflower and Broccoli Bake served with Tomato Bread	Vegetable Enchiladas served with Noodles
The Filling Station	A daily selection of lighter bites will also be on offer such as filled jacket potatoes, home made soup & sandwich, hot deli sandwiches & wraps, Wallace & Gromit pasta shapes with sauces				
Vegetables	Baked Beans Sweetcorn	Cauliflower and Carrot Mix Roasted Vegetables	Broccoli Diced Swede	Carrots Cabbage	Peas Tomatoes
Desserts	Icecream Sponge Roll	Iced Sponge and Custard	Fruit Crumble served with Ice cream	Shortbread Biscuit	Chocolate Orange Muffin
	Fresh Fruit & Yoghurt available as an alternative				
Drinks	Strawberry Milkshake	Milk	Fresh Fruit Juice	Chocolate Milkshake	Milk

Water and freshly baked bread available on a daily basis
This menu is subject to seasonal adjustments

