




# Primary School Menu

# Spring / Summer (3 Choice)



Menu to run from Tuesday 23<sup>rd</sup> April to 18<sup>th</sup> October 2019

Week 1	Meat Free Monday	Traditional Tuesday	World Food Wednesday	Try it Out Thursday	Friday Favourites
Choice 1	Spinach & Feta Whirl	Roast Beef/Lamb* & Yorkshire Pudding	Chicken & Vegetable Jolloff Rice	Beef/Lamb* Burrito	Spaghetti & Meatballs in Marinara Sauce
Choice 2	Lemon & Herb Crusted Fish	Fisherman's Pie	Fish Biryani	Fish Burger with Salad & Lemon Mayo	Fish Fingers
Vegetarian	Cheese & Tomato Pizza	Mac 'n' Cheese	Vegetable Samosa with Dhal *	Quorn & Sweet Potato Curry	Southern Style Veggie Burger* in Wholemeal Bun
Unlimited Sides	Baked New Potatoes Sweetcorn Salad Selection	Roast Potatoes Mixed Vegetables Broccoli Salad Selection	Naan Bread Green Beans Cucumber Raita Salad Selection	Coleslaw Organic Carrot Sticks Salad Selection	Baked Beans Peas Salad Selection
Dessert	Apple Flapjack* 	Chocolate & Mandarin Mousse	Tropical Fruit Traybake* 	Apricot Shortbread With Greek Yoghurt*	Jelly, Fruit & Ice Cream*
Daily Options	Fresh Fruit Platter / Organic Yoghurt  / Cheese & Biscuits / Freshly Baked Bread				

\* Please indicate preference

\* Vegan – egg & dairy free dish

\* Egg free






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Week 2	Meat Free Monday	Traditional Tuesday	World Food Wednesday	Thursday	Friday Favourites
Choice 1	Spanish Omelette	Roast Chicken with Sage & Onion Stuffing	Sweet & Sour Chicken & Fried Rice	Tuscan Beef/Lamb* Pasta Bake	'Brunch Special' Sausage, Egg Hash Brown
Choice 2	Tuna Hoagie Melt	Fish in Batter	Creamy Coconut Fish Curry & Naan	Fish Risotto	Fish Finger Wrap
Vegetarian	Vegetarian Lasagne	Vegetarian Lentil Shepherd's Pie*	Vegetable & Quorn Enchilada	Roast Vegetable Pie*	Jacket Potato with Veggie Chilli *
Unlimited Sides	Focaccia Sweetcorn Salad Selection	Mashed Potatoes Mixed Vegetables Salad Selection	Green Beans Tomato & Cucumber Salad Selection	Organic Carrots Broccoli Salad Selection	Jacket Wedges Peas, Baked Beans Salad Selection
Dessert	Oat & Raisin Cookie*	Jelly, Fruit & Ice Cream*	Mango & Pineapple Crumble with Custard* 	Lemon Sponge Slice* 	Waffle with Fruit & Ice Cream
Daily Options	Fresh Fruit Platter / Organic Yoghurt  / Cheese & Biscuits / Freshly Baked Bread				

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Week 3	Meat Free Monday	Traditional Tuesday	World Food Wednesday	Try it Out Thursday	Friday Favourites
<b>Choice 1</b>	Vegetarian Spaghetti Bolognese	Roast Turkey with Sage & Onion Stuffing	Lamb Keema & Naan Bread	BBQ Kickin' Chicken Wrap	Burger in Bun with Jacket Wedges
<b>Choice 2</b>	Fish Burger with Salad	Fish Fingers	Spicy Tuna Pizza	Tuna & Sweet Pepper Pasta Bake	Jacket Potato with Tuna & Sweetcorn
<b>Vegetarian</b>	Quorn Hot Dog with Onions	Cheese & Leek Quiche	Chickpea & Potato Curry*	Moroccan Style Veggie Balls with Couscous *	Vegetable Stir Fry with Egg Noodles
<b>Unlimited Sides</b>	Jacket Wedges Broccoli Salad Selection	New Potatoes Organic Carrots Salad Selection	Rice / Green Beans Cucumber Raita Salad Selection	Mini Corn on the Cob Salad Selection	Baked Beans Garden Peas Salad Selection
<b>Dessert</b>	Chocolate & Beetroot Brownie 	Fruit Ice Lolly	Lemon & Banana Loaf	Dorset Apple Cake & Custard * 	Scotch Pancake with Fruit
<b>Daily Options</b>	Fresh Fruit Platter / Organic Yoghurt  / Cheese & Biscuits / Freshly Baked Bread				

\* Please indicate preference

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\* Egg free

