

PRIMARY MENU



Week 1 w/c 19th February	PROUDLY MEAT FREE SUPPORTING	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Carrot & Coriander	Tomato & Basil	Chef Choice	Pea & Spinach	Chef Choice
Main Meal	Wholemeal Pizza & Wedges	Wholemeal Spaghetti Bolognese with Salad & Garlic Bread	Chicken Fajita Wraps with Onions, Tomatoes & Peppers	Ham Roast Dinner with Cauliflower Cheese & Roast Potatoes	Fish Cake or Fish Fingers with Chips & Mushy Peas
Meat Free Main Meal	Spanish Omelette	Vegetarian Sausage Toasties	Cheese & Red Onion Quiche	Vegetarian Chilli & Rice	Veggie Fingers
Side dish	Wedges	Wholemeal Spaghetti	Wholemeal Rice	Potatoes	Chips
Vegetable	Peppers	Tomatoes	Onions, Peppers & Tomatoes	Carrots & Cauliflower	Mushy Peas
Dessert	Fresh Fruit salad	Fresh Fruit Trifle	Sticky Toffee Pudding	Bakewell Cherry Slice	Cheese & Crackers

Jacket Potatoes with tuna, cheese or beans, Salad, Hummus, Fresh Fruit & Yoghurts available daily

Ask Chef about the Daily Special

Please speak to a member of school staff about any dietary requirements

PRIMARY MENU



Week 2 w/c 26th February	PROUDLY MEAT Monday FREE SUPPORTING	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Chef Choice	Red Pepper Soup	Tomato & Basil	Broccoli & Cheddar	Leek & Potato
Main Meal	Tomato & Basil Pasta	Beef Chilli Tacos with Tortilla Chips	All Day Breakfast	Scouse with Crusty Bread & pickled Beetroot	Fish Fingers with Chips & Garden Peas
Meat Free Main Meal	Vegetarian Chilli & Rice	Asian Noodles	Roasted Red Pepper Quiche	Quorn Stovies	Welsh Rarebit
Side dish	Wholemeal Pasta	Wraps	Toast	Crusty Bread	Chips
Vegetable	Tomatoes	Carrots	Mushroom	Beetroot	Garden Peas
Dessert	Sponge Cake & Custard	Ginger Biscuits	Fresh Fruit Salad	Fresh Fruit Trifle	Barabritth

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PRIMARY LUNCH MENU



Week 3 w/c 4th March	PROUDLY MEAT Monday FREE SUPPORTING	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Chef Choice	Tomato & Basil	Broccoli & Cheddar	Roasted Pepper	Chinese Sweetcorn
Main Meal	Quorn Mince Cottage Pie	Chinese Chicken Curry with Rice & Prawn Crackers	Chef Daniel's Beef & Bean Quesadillas	Beef Stifado with Rice	Fish Fingers or Tandoori Salmon with Chips & Garden Peas
Meat Free Main Meal	Broccoli and Cream Cheese Pasta Bake	Salmon Fish pie	Vegetable & Lentil Stew	Vegan Ravioli in Homemade Tomato Sauce with Crusty Bread	Veggie Sausage Roll
Side dish	Mash	wholegrain Rice	wraps	wholegrain Rice	Chips
Vegetable	Tomatoes	white Cabbage	Carrots	Shallots	Peas
Dessert	Fresh Fruit Salad	Apple Flapjacks	Sponge Cake with Jam & Whipped Cream	Shortbread Biscuits	Cheese and Crackers

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PRIMARY LUNCH MENU



Week 4 w/c 11th March	PROUDLY MEAT Monday FREE SUPPORTING	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Chef Choice	Roasted Vegetable	Lentil	Red Pepper Soup	Chinese Sweetcorn
Main Meal	Cheesy Beans Pasta Bake	Chicken pie with New Potatoes & Baby Carrots	Meatball Sub with Tortilla Chips & Salad	Carbonara Penne Pasta Bake, with sweetcorn & Homemade Garlic Bread	Fish Fingers or Tandoori Salmon with Chips & Garden Peas
Meat Free Main Meal	Cherry Tomato & Cheese Quiche with Salad	Veggie Toad in the Hole	Vegetable Paella	Vegetable & Rice Enchiladas	Veggie Sausage Roll
Side dish	Wholemeal Pasta	New Potatoes	Crusty Bread	Wholemeal Pasta	Chips
Vegetable	Tomatoes	Baby Carrots	Beetroot	Sweetcorn	Garden Peas
Dessert	'Chocolate' Fudge Cake	Ginger Biscuits	Pineapple & Coconut Sponge	Scones & Whipped Cream	Cheese and Crackers

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PRIMARY LUNCH MENU



Week 5 w/c 18th March	PROUDLY MEAT FREE SUPPORTING <i>Mondays</i>	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Carrot & Coriander	Broccoli & Cheddar	Chef Choice	Pea	Chinese Sweetcorn
Main Meal	Wholemeal Pizza & Wedges	Homemade Chicken Korma with wholegrain Rice, Green Beans & Mango Chutney	Sausage & Homemade Mash with Gravy & Peas	Spaghetti Beef Bolognese	Fish Fingers with Chips & Garden Peas
Meat Free Main Meal	Meat Free Burritos	Vegetable & Lentil Stew	Tomato & Basil Pasta	Spanish Omelette with Salad	Veggie Sausage Roll
Side dish	Wedges	Wholegrain Rice	Mash	Spaghetti	Chips
Vegetable	Peppers	Green Beans	Peas	Onions	Garden Peas
Dessert	Fresh Fruit Salad	Apple Flapjacks	Iced Sponge Cake with Custard	German Apple Cake	Cheese and Crackers

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PRIMARY LUNCH MENU



Week 6 w/c 25th March	PROUDLY MEAT Monday FREE SUPPORTING	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Chef Choice	Tomato & Basil	Red Pepper Soup	Chef Choice	<p>HAPPY EASTER</p>
Main Meal	Quorn Stovies	Sausage Casserole with Pasta	Steak & Vegetable Shortcrust Pie with New potatoes and Peas	Chicken Fajita Wraps with Onions, Peppers & Tomatoes	
Meat Free Main Meal	Welsh Rarebit	Quorn Mince Cottage Pie with Baby Carrots	Vegetable & Rice Enchiladas	Cheese & Red Onion Quiche	
Side dish	Potatoes	Wholemeal Pasta	New Potatoes	Wholemeal Rice	
Vegetable	Tomatoes	Baby Carrots	Peas	Peppers	
Dessert	'Chocolate' Fudge Cake	Oat Cookies	Sticky Toffee Pudding	Fresh Fruit Salad	

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