

Primary Summer 2017 Menu

Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Mega Mozzarella & Tomato Pizza**	Italian Meatballs in Tomato Sauce with Pasta** <i>Beef Meatballs in a Rich Tomato sauce</i>	Roast Lamb and Crispy Spuds & Gravy	BBQ Chicken Thigh <i>Chicken Thigh in a BBQ Sauce with Sweet Potato Mash</i>	Crispy Fish & Chips <i>Crispy Battered Pollock with Chips</i>
Alternative Dish	Neapolitan Beany Pasta <i>Tomato Pasta with mixed beans</i>	Crunchy Topped Italian Bake <i>Bean and Vegetable Bake</i>	Cauliflower and Broccoli Bake <i>with Roast Potatoes and Gravy</i>	Mexican Vegetable Chilli with Rice <i>Mild Chilli Vegetables and Beans</i>	Vegetable Lasagne with Cheese and Onion Bread <i>Layers of Pasta and Vegetables Topped with a Cheesy Sauce</i>
Vegetables	Carrots Peas	Green Beans Cauliflower	Carrots Seasonal Cabbage	Broccoli Sweetcorn	Baked Beans Roasted Vegetables
Desserts	Ice Cream Pot	Banana and Apple Crumble with Custard *	Cheese and Biscuits	Oatie Biscuit	Marble Cake

Cool Water, Fresh Fruit and Yoghurt served daily

*Fruit Based **Wholegrain



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Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Pasta Bolognaise** <i>Mincd Beef in a Tomato sauce</i> CHANGE TO COTTAGE PIE	Bangers with a Mash Mountain <i>Chicken sausages with a Creamy Mash and Gravy</i>	Roast Beef with Crispy Spuds <i>and Gravy</i>	Jerk Chicken with Rice and Peas <i>Chicken in a Mild Caribbean Jerk Sauce</i>	Golden Fish Fingers & Chips <i>Breaded Fish Fingers with Chips</i>
Alternative Dish	Mac 'N' Cheese <i>Macaroni Cheese</i> New and improved recipe CHANGE TO QUAORN METBALLS	Vegetable Frittata with a mash mountain	Cheesy Hotpot Cheese and Potato Layered Bake	Sweet Potato Gumbo with Rice and Peas	Quorn Burger with Chips <i>Quorn Burger in a bun with Chips</i>
Vegetables	Broccoli Carrots	Sweetcorn Cabbage	Cauliflower Green Beans	Carrots Peas	Baked Beans Roasted Vegetables
Desserts	Strawberry Frozen Yoghurt	Berry Flapjack	Mini Gingerbread Cake with Pear Slices*	Fruit Crumble with Custard **	Fruit in Jelly *

Cool Water, Fresh Fruit and Yoghurt served daily

*Fruit Based **Wholegrain



Primary Summer 2017 Menu

Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Italian Chicken Margherita with Rice ** <i>Chicken in a Tomato and Basil Sauce with Rice**</i> CHANGE TO BBQ CHICK PIZZA	Beef Lasagne Minced Beef <i>Lasagne served with Bread Wedge</i>	Roast Turkey with Crispy Spuds & Gravy CHANGE TO ROAST CHICKEN	Chunky Chicken Bite and Pasta Salad <i>Home Made Breaded Chicken with pasta salad</i>	Crispy Salmon Goujons <i>with mash</i> Baked Breaded Salmon Goujons CHANGE TO FISH FINGERS
Alternative Dish	Cheese, Red Pepper and Sweetcorn Quiche With New Potatoes CHANGE TO CRUNCHY ITALIAN BAKE	Baked Bean and Cheese Bubble & Squeak	Lentil Roast with Crispy Spuds Baked Lentil and Vegetable Loaf CHANGE TO QUORN SAUSAGES	Quorn and Vegetable Chow Mein with Noodles	Vegetarian Sausages with mash
Vegetables	Green Beans Roasted Vegetables	Carrots Sweetcorn	Cauliflower Broccoli	Peas Carrots	Baked Beans Ratatouille
Desserts	Ice-cream Pot	Raspberry Loaf Cake *	Chocolate Crispy	Giant Crunchy Cookie	Apple Pie * with Custard
Cool Water, Fresh Fruit and Yoghurt served daily *Fruit Based **Wholegrain					



Primary Summer 2017 Menu

Cold Option Week 1 to 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Coronation Chicken Sandwich Or Cheese Savoury Baguette	Tuna Mayonnaise Baguette Or BBQ Beany Roll with Salad	Chicken Salad Wholemeal Sandwich Or Cream Cheese and Cucumber Sandwich	Tuna and Sweetcorn Bap Or Egg Mayonnaise Baguette	Cheese Ploughman's
Week 2	Cajun Chicken Sub with Coleslaw Or Cheese and Pickle Wholemeal Sandwich	Tuna Mayonnaise Baguette with Mixed Leaves Or Egg May Sub Roll	Roast Beef Bap Or Salad and Falafel Baguette	Chicken Salad Roll or Cheese and Tomato Sub	Egg Mayonnaise Baguette or BBQ Beany Roll with Salad
Week 3	Tuna Mayonnaise Sandwich Or Egg Mayo Wholemeal sandwich	Chicken Salad Baguette Or Cheese Sub Roll	Roast Turkey Baguette Or Salad and Falafel Baguette	Chunky Chicken Bite with Potato Salad Or Cheese and Pickle Baguette	Egg Ploughman's

All Cold Options will be served with a piece of fruit and a pudding. Can be served on a plate or in a bag. Drink available if having as a Picnic Lunch outside or on school trips.

