



**St James (Daisy Hill)  
Standard Primary Menu  
October 2018 – May 2019**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
<b>WEEK 1</b>	Cheese & tomato pizza (v) Filled jacket potatoes	Baked sausage Baked sausage (v) Cheese flan (v) <b>Chips</b>	Lasagne Lasagne (v) <b>Quorn dippers (v)</b> Salad potatoes Garlic & herb slice Garden peas	Pork loin steak in gravy Quorn slice in gravy (v) Filled jacket potatoes Roast potatoes	Tomato pasta (v) MSC Salmon in a lemon crumb Oven baked jacket wedges Sweetcorn Selection of fresh fruit		
	Carbohydrate included in main meal						
	Chopped salad Coleslaw Frozen fruit yoghurt Ice cream tub	Baked beans Ginger biscuit & fruit portion	Strawberry mousse Chocolate mousse	Broccoli, cauliflower & carrot mix Jammy dodger			
			Fresh bread available daily				
	<b>WEEK 2</b>	Meatballs in gravy Vegeballs in gravy (v) Filled jacket potatoes	Cheese whirl (v) Mild spiced chilli Savoury rice Oven baked jacket wedges Mixed Vegetables	Roast chicken in gravy Quorn slice in gravy (v) Omelette (v) Yorkshire pudding Mashed potatoes Broccoli	Beef Balti Vegetarian sausage roll (v) Wholegrain rice Salad potatoes Sweetcorn Orange crunch muffin	Harry Ramsden MSC battered fish Cheese & onion panini (v) Potato waffles Baked beans Chopped salad Selection of fresh fruit	
		Wholemeal pasta Wholegrain rice Carrot batons					
		Shortbread & fruit portion	Marble sponge & custard	Chocolate fudge cake			
			Help yourself salad trolley filled with a selection of fresh salad items available daily				
		<b>WEEK 3</b>	Baked gammon Omelette (v)	Burger on a bun Quorn burger on a bun (v) Filled jacket potatoes	Meat pie Vegimince pie (v) Vegetable ravioli (v)	Chicken wrap Filled jacket potato (tuna mayonnaise) Cheese wrap Yoghurt & mint sauce Oven baked jacket wedges	MSC Fish fingers Cheese & onion panini (v) Jacket potato Pasta hoops in tomato sauce Garden peas Selection of fresh fruit
			Roast potatoes	<b>Herby diced potatoes</b>	Boiled potatoes		
Baked beans			Sweetcorn	Beetroot Broccoli, cauliflower & carrot mix	Chopped salad Sweetcorn		
Jam and coconut sponge			Strawberry jelly with topping	Oat Cookie & fruit portion	Chocolate sponge & Chocolate sauce		
				Fresh fruit and chilled drinks available daily			

MENU DATES FOR OCTOBER 2018 – MAY 2019					Week 1	Week 2	Week 3		
<b>NOVEMBER</b>	M	T	W	T	F				
	29	30	31	1	2				
	5	6	7	8	9				
	12	13	14	15	16				
	19	20	21	22	23				
26	27	28	29	30					
<b>DECEMBER</b>	M	T	W	T	F				
	3	4	5	6	7				
	10	11	12	13	14				
	17	18	19	20	21				
	24	25	26	27	28				
31									
<b>JANUARY</b>	M	T	W	T	F				
		1	2	3	4				
	7	8	9	10	11				
	14	15	16	17	18				
	21	22	23	24	25				
28	29	30	31						
<b>FEBRUARY</b>	M	T	W	T	F				
					1				
	4	5	6	7	8				
	11	12	13	14	15				
	18	19	20	21	22				
25	26	27	28						
<b>MARCH</b>	M	T	W	T	F				
					1				
	4	5	6	7	8				
	11	12	13	14	15				
	18	19	20	21	22				
25	26	27	28	29					
<b>APRIL</b>	M	T	W	T	F				
	1	2	3	4	5				
	8	9	10	11	12				
	15	16	17	18	19				
	22	23	24	25	26				
29	30								
<b>MAY</b>	M	T	W	T	F				
				1	2	3			
	6	7	8	9	10				
	13	14	15	16	17				
	20	21	22	23	24				
27	28	29	30	31					