

School Name Primary School Menu

June – October 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Cheese & tomato pizza (v) Filled jacket potatoes	Baked sausage Baked sausage (v) Cheese flan (v)	Korma chicken & mini pitta Quorn korma (v) Filled jacket potatoes	Bolognese Vegetarian bolognese (v) Omelette (v)	Cheese sandwich Salmon sandwich
	Carbohydrate included in main meal	Mashed potatoes	Wholegrain rice	Oven baked jacket wedges Wholemeal pasta	Chips
	Sweetcorn	Baked beans	Broccoli	Garden peas	Coleslaw
	Frozen fruit yoghurt Ice cream tub	Chocolate cookie & Fruit	Strawberry mousse	Jammy dodger	Selection of fresh fruit
WEEK 2	Cheese whirl (v) Tomato pasta (v)	Meatballs in gravy Vegeballs in gravy (v) Filled jacket potatoes	Fresh bread available daily Roast chicken in gravy Quorn slice in gravy (v)	Chicken tikka masala Quorn tikka masala (v) Tuna wrap	MSC Bubble crunchy fish Filled jacket potatoes
	Oven baked jacket wedges	Savoury rice Wholemeal pasta	Mashed potatoes	Wholegrain rice Roast potatoes	Chips
	Baked beans	Carrot roundels	Broccoli	Sweetcorn	Garden peas
	Shortbread & fruit portion	Aussie crunch	Ice cream roll & fruit	Orange crunch muffin	Selection of fresh fruit
WEEK 3	Cheese & tomato pizza (v) Filled jacket potatoes	Sausage roll Vegetable ravioli (v)	Meat pie Vegimince pie (v) Filled jacket potatoes	Chicken wrap Pasta in arabiata sauce	MSC Fish fingers Filled jacket potatoes
	Carbohydrate included in main meal	Potato waffles	Roast potatoes	Yoghurt & mint sauce Oven baked jacket wedges	Mashed potatoes Pasta hoops in tomato sauce
	Sweetcorn	Baked beans	Carrot roundels	Chopped salad	Garden peas
	Iced sponge	Oat Cookie & fruit portion	Strawberry jelly with topping	Chocolate sponge & Chocolate sauce	Selection of fresh fruit

Fresh fruit and chilled drinks available daily

DATES FOR JUNE – OCTOBER 2019

	Week 1	Week 2	Week 3		
JUNE	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				
JULY	1 2 3 4 5				
	8 9 10 11 12				
	15 16 17 18 19				
	22 23 24 25 26				
	29 30 31				
AUGUST		M T W T F 5 6 7 8 9			
		12 13 14 15 16			
		19 20 21 22 23			
		26 27 28 29 30			
SEPTEMBER			M T W T F 2 3 4 5 6		
			9 10 11 12 13		
			16 17 18 19 20		
			23 24 25 26 27		
		30			
OCTOBER				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		
NOVEMBER					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	