

SAMPLE PRIMARY MENU



Week 1 w/c 28th Aug	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day					Tomato and Red Pepper
Main Meal					Fish Fingers or Fish pie Served with Chips and Garden Peas
Meat Free Main Meal					Veggie Sausage Roll
Side dish					Chips
Vegetable					Garden Peas
Dessert					Cheese and 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 LUNCH MENU



Week 2 w/c 4th Sep	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Chef Choice	Roasted Red Pepper Soup	Split pea	Leek and potato	Chef Choice
Main Meal	Wholemeal Pizza served with Homemade wedges and Salad	Homemade Spanish Chicken served with wholemeal Rice and Green Beans	Homemade Macaroni Cheese Served with peas	Meatball Sub Served with Fresh Salad and Tortilla Chips	Homemade Battered Fish with Chips and Minted Mushy Peas
Meat Free Main Meal	Cheese & Onion Plate Pie served with Carrots and Peas	Roasted Pepper and Cheese Tomato Quiche	Vegetarian Chilli with Rice	Vegetable and Cheese Quesadillas	Meat Free Burrito
Side dish	Crusty Bread	Rice	Pasta	Bread	Chips
Vegetable	Carrots	Green Beans	Peas	Tomatoes and Cucumber	Mushy Peas
Dessert	Fresh Fruit Salad	Vanilla Cheesecake	Apple and Oat Crumble served with pouring Cream	Pineapple and Coconut Sponge	Cheese and Crackers

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PRIMARY LUNCH MENU



Week 3 w/c 11th Sep	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Chef Choice	Leek and potato	Red pepper Soup	Tomato and Basil	Chef Choice
Main Meal	Veggie Stir Fry served with Noodles and Spring Rolls	Chicken Shawarma Wraps served with Rice, Coleslaw and a Yoghurt and Mint dip	Ham Roast Dinner Served with Seasonal Vegetables, and Roast New Potatoes	Wholemeal Spaghetti Bolognese served with Fresh Salad and Garlic Bread	Fish Cake or Fish Fingers and Chips served with Mushy Peas
Meat Free Main Meal	Cherry Tomato and Cheese Quiche served with Crisp Fresh Salad	Tuna Pasta with Cucumber and Red Onion	Twice Baked Jacket Potatoes	Vegetarian Sausage Toasties	Tandoori Salmon served with Pitta Bread
Side dish	Noodles	Rice	Roast New Potatoes	Spaghetti	Chips
Vegetable	Tomatoes	Carrots	Cabbage	Tomatoes	Mushy Peas
Dessert	Ginger Biscuits	Sponge Cake and Custard	Fresh Fruit Salad	Fresh Fruit Trifle	Cheese and Crackers

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PRIMARY LUNCH MENU



Week 4 w/c 18h Sep	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Carrot and Coriander	Pea Soup	Red pepper Soup	Chef Choice	Chef Choice
Main Meal	Roast Tomato and Red Pepper Shakshuka served with Crusty bread	Cottage Pie served with Peas and Sweetcorn	Carbonara Penne Pasta Bake served with Homemade Garlic Bread	Chicken Katsu Curry served with Rice	Homemade Battered Fish, Chips & Beans
Meat Free Main Meal	Broccoli and Cream Cheese Pasta Bake	West African Jollof rice	Spanish Omelette served with Crisp Salad	Spaghetti with Tomato and Basil Sauce	Veggie Sausage Rolls
Side dish	Wedges	Mashed Potatoes	Pasta	Rice	Chips
Vegetable	Peppers	Green Beans	Tomatoes	Peas	Baked Beans
Dessert	Fresh Fruit Salad	German Apple Cake	Sticky Toffee Pudding	Apple Flapjacks	Rich 'Chocolate' Cookies

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PRIMARY LUNCH MENU



Week 5 w/c 25th Sep	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Chef Choice	Chinese Sweetcorn	Chef Choice	Chef Choice	Chef Choice
Main Meal	Meat Free Burrito served with Crème Fraîche and Crisp Salad	Sausage and Homemade Mashed potato with Gravy and Peas	Halloumi Fajita Wraps Served with Fried Onions, Peppers and Tortilla Chips	Chicken Curry served with wholemeal Rice and Homemade Onion Bhajis	Homemade Battered Fish with Chips and Minted Mushy Peas
Meat Free Main Meal	Tomato and Basil Pasta	Vegetable Biryani	Cheese and Tomato Panini	Cheese and Red Onion Quiche	Homemade Chip shop Curry Sauce with Basmati Rice
Side dish	wholemeal wraps	wholemeal wraps	Mashed potatoes	wholemeal Rice	Chips
Vegetable	Peppers	Peppers	Peas	Onions	Mushy Peas
Dessert	Apple and Oat Crumble with Pouring Cream	Homemade Rice pudding served with Strawberry Jam	Iced Sponge Cake with Custard	Fresh Fruit Salad	Cheese and Crackers

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PRIMARY LUNCH MENU



Week 6 w/c 2nd Oct	Monday	Tuesday	Wednesday	Thursday Census Day	Friday
Soup of the Day	Chef Choice	Tomato and Basil	Broccoli and Cheddar	Chef Choice	Chinese Sweetcorn
Main Meal	Vegan Ravioli in Homemade Tomato Sauce served with Crusty Bread	Slow Cooked Chicken Tagine served with Cous Cous and Greek Yoghurt Dip	Homemade Chicken Tikka Curry with wholegrain Rice, Green Beans and Mango Chutney	Chef Choice	Fish Fingers served with Chips and Garden Peas
Meat Free Main Meal	Spanish Omelette	Roasted Red Pepper Quiche	Vegan Jambalaya	Chef Choice	Veggie Sausage Roll
Side dish	Pasta	Cous Cous	Basmati Rice	Chef Choice	Chips
Vegetable	Tomatoes	Cauliflower	Green Beans	Chef Choice	Garden Peas
Dessert	Fresh Fruit Salad	Shortbread Biscuits	Sponge Cake topped with Jam and whipped Cream	Chef Choice	Cheese and Crackers

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PRIMARY LUNCH MENU



Week 7 w/c 9th Oct	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Chef Choice	Tomato and Basil	Broccoli and Cheddar	Chef Choice	Vegetable and Lentil
Main Meal	Veggie Spaghetti Bolognese served with Garlic Bread	Beef Bourguignon served with Creamy Mashed Potatoes	Chicken Dhansak Curry with Basmati Rice, Green beans and Mango Chutney	Cowboy Casserole served with wholegrain Penne Pasta	Battered Fish served with Chips and Mushy Peas
Meat Free Main Meal	welsh Rarebit	Vegetable and Cheese Omelette	Vegetable Stir Fry	Cheese and Tomato Toasties	Veggie Burger in a Bun served with Chips
Side dish	Spaghetti	Mashed Potatoes	Basmati Rice	wholegrain Penne Pasta	Chips
Vegetable	Tomatoes	Mushrooms	Green beans	Tomatoes	Garden Peas
Dessert	Chocolate' Fudge Cake	Oat Cookies	Sponge Cake topped with Jam and whipped Cream	Manchester Tart	Cheese and Crackers

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PRIMARY LUNCH MENU



Week 8 w/c 16th Oct	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Chef Choice	Tomato and Basil	Broccoli and Cheddar	Chef Choice	Roasted Vegetable
Main Meal	Vegetable Stir Fry served with Noodles and Spring Rolls	Chicken Chasseur served with Mashed potatoes and crusty bread	West African Jollof Rice	Ham Roast Dinner served with Seasonal Vegetables and Roast New Potatoes	Fish Fingers served with Chips and Garden Peas
Meat Free Main Meal	Cheese & Onion Plate Pie served with Carrots and Peas	Vegetarian Chilli with Rice	Tuna Pasta with Cucumber and Red Onion	Twice Baked Jacket Potato	Veggie Sausage Roll
Side dish	Noodles	Mashed potatoes	Rice	New Potatoes	Chips
Vegetable	Peppers	Tomatoes	Red Peppers	Carrots	Garden Peas
Dessert	Apple and Oat Crumble	Vanilla Cheesecake	Pineapple and Coconut Sponge	Apple Flapjacks	Cheese and Crackers



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PRIMARY LUNCH MENU



Week 9 w/c 23rd Oct	Monday	Tuesday	 Wednesday  National Pumpkin Day	Thursday	Friday
Soup of the Day	Chef Choice	Tomato and Basil	pumpkin and Corriander	Chef Choice	Chinese Sweetcorn
Main Meal	Macaroni Cheese with Peas and Garlic bread	Falafel Pitas Served with Wedges and a Yoghurt and Mint dip	Homemade Chicken Tikka Curry served with wholemeal Rice, Green Beans and Mango Chutney	Steak and Vegetable Shortcrust Pastry Pie with Mash & Carrots	Fish Fingers served with Chips and Mushy Peas
Meat Free Main Meal	Vegetarian Chilli with Rice	Vegetable Singapore Fried Rice	Cheesy Bean Pasta Bake	Vegetable Quesadillas	Meat Free Burrito
Side dish	Pasta	Wedges	Basmati Rice	Mashed Potato	Chips
Vegetable	Peas	Peppers	Green Beans	Carrots	Beans
Dessert	Rice Pudding	Fresh Fruit Salad	pumpkin pie	Barabrith	Cheese and Crackers

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