

PRIMARY MENU



Week 1 w/c 8th January	PROUDLY MEAT Monday FREE SUPPORTING	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 & Mango Chutney	Sausage & Mash with Gravy	Chef Daniel's Beef & Bean Quesadillas <i>(Winner of FFT Cookery Competition)</i>	Fish Fingers with Chips & Peas
Meat Free Main Meal	Broccoli & Cream Cheese Pasta Bake	Vegetable & Lentil Stew	Macaroni Cheese	Spanish Omelette with Salad	Veggie Sausage Roll
Side dish	Wedges	Wholegrain Rice	Mash	Wraps	Chips
Vegetable	Peppers	Green Beans	Peas	Mushrooms	Garden Peas
Dessert	Fresh Fruit salad	Apple Flapjacks	Iced Sponge Cake with Custard	German Apple Cake	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 15th January	PROUDLY MEAT Monday FREE SUPPORTING	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Chef Choice	Tomato and Basil	Broccoli and Cheddar	Chef Choice	Chinese Sweetcorn
Main Meal	Tomato & Basil Pasta	Ham Roast Dinner with Seasonal Vegetables & Potatoes	Scouse with Crusty Bread and Pickled Beetroot	Chef Choice	Fish Fingers or Tandoori Salmon with chips and Garden Peas
Meat Free Main Meal	Cheese and Onion plate Pie with Carrots and Peas	Vegetarian Chilli with Rice	pesto pasta	Chef Choice	Veggie Burger in a Bun with Chips
Side dish	wholemeal pasta	Potatoes	Crusty Bread	Chef Choice	Chips
Vegetable	Tomatoes, Peas & Carrots	Seasonal Vegetables	Red Peppers and Beetroot	Chef Choice	Garden Peas
Dessert	Fresh Fruit Salad/ Yoghurt	Vanilla Cheesecake	Pineapple and Coconut Sponge	Chef Choice	Cheese and crackers/Popcorn

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

Ask Chef about the Daily Special

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PRIMARY LUNCH MENU



Week 3 w/c 22nd January	PROUDLY MEAT FREE SUPPORTING <i>Mondan</i>	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Chef Choice	Leek & Potato	Red Pepper Soup	Tomato & Basil	Chef Choice
Main Meal	Cheesy Beans Pasta Bake	Corned Beef Hash	Beef Chilli Tacos with Tortilla Chips	Spaghetti Bolognese with Salad & Garlic Bread	Fish Cake or Fish Fingers & Mushy Peas
Meat Free Main Meal	Cherry Tomato & Cheese Quiche with salad	Asian Noodles	Macaroni Cheese	Vegetarian Sausage Toasties	Veggie Fingers
Side dish	wholemeal pasta	Potatoes	wraps	wholemeal Spaghetti	Chips
Vegetable	Tomatoes	Carrots	Cabbage	Tomatoes	Mushy Peas
Dessert	Sponge Cake & Custard	Ginger Biscuits	Fresh Fruit Salad	Fresh Fruit Trifle	Cheese and Crackers

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

Ask Chef about the Daily Special

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PRIMARY LUNCH MENU



Week 4 w/c 29th January	PROUDLY MEAT FREE SUPPORTING <i>Mondan</i>	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Chef Choice	Tomato & Basil	Broccoli & Cheddar	Chef Choice	Chinese Sweetcorn
Main Meal	Vegan Ravioli in Homemade Tomato Sauce with Crusty Bread	All Day Breakfast	Chinese Chicken Curry with Rice & Prawn Crackers	Homemade Cottage Pie with Peas & Carrots	Fish Fingers or Tandoori Salmon with Chips & Garden Peas
Meat Free Main Meal	Spanish Omelette	Roasted Red Pepper Quiche	Vegetable & Lentil Stew	Vegetable Quesadillas	Veggie Sausage Roll
Side dish	Pasta	Toast	Wholegrain Rice	Mash	Chips
Vegetable	Tomatoes	Mushrooms	Cabbage	Carrots	Garden Peas
Dessert	Fresh Fruit Salad	Shortbread Biscuits	Sponge Cake topped with jam & whipped cream	Apple Flapjacks	Cheese and Crackers

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

Ask Chef about the Daily Special

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PRIMARY LUNCH MENU



Week 5 w/c 5th February		Tuesday	Wednesday	Thursday	 Friday National Pizza Day
Soup of the Day	Chefs Choice	Tomato & Basil	Red Pepper Soup	Chef Choice	Chinese Sweetcorn
Main Meal	Veggie Spaghetti Bolognese with Garlic Bread	Sausage Casserole	Carbonara Penne Pasta Bake with Garlic Bread	Chicken Fajita wraps with Onions, Peppers & Tomatoes	Fish Fingers with Chips & Mushy Peas
Meat Free Main Meal	Welsh Rarebit	Individual Vegetable & Cheese Omelette	Vegetable and Rice Enchiladas	Cheese & Red Onion Quiche	Wholemeal Pizza
Side dish	Wholemeal Spaghetti	Mash	Wholemeal Pasta	Wholemeal Rice	Chips
Vegetable	Tomatoes	Onions	Tomatoes	Onions	Mushy Peas
Dessert	'Chocolate' Fudge Cake	Oat Cookies	Sticky Toffee Pudding	Fresh Fruit Salad	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	