

**Primary School Menu 2022**

-  Added Plant Power
-  Vegan
-  Wholemeal

	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Week One</b> 3/1/22 24/1/22 14/2/22 7/3/22 28/3/22	Option 1	Chicken Tikka Masala (Diced) (50% Plant Based) served with Rice	Chicken Halal Sausage in a Hot Dog Roll served Potato Wedges	Roast Turkey served with mashed potato, Stuffing and Gravy	Chicken Pie with Gravy served with mashed potato and Gravy	MSC Fish Fingers / Salmon Fish Fingers served with Chips and ketchup
	Option 2	Macaroni Cheese	Cheese and Tomato Pizza served with potato wedges	Roasted Quorn Fillet served with mashed potato Stuffing and Gravy	Vegetarian Toad in the Hole	Quorn Burger (No Bun) (V2) served with Chips and ketchup
	Vegetables	Broccoli Cauliflower	Sweetcorn Baked Beans	Fresh Mixed Seasonal Vegetables	Carrots Sweetcorn	Sweetcorn Baked Beans
	Dessert	Iced Sponge	Marble Sponge and Custard	Ice Cream	Fruit Jelly with Mandarins	Apple, Cheese and Biscuits
Or a choice of Yoghurt & Fresh Fruit available daily						
<b>Week Two</b> 10/1/22 31/1/22 21/2/22 14/3/22	Option 1	Veggie Meatballs in a Tomato Sauce served with Spaghetti	Sausage Roll served with Couscous	Roast Chicken Breast served with mashed potato and Gravy	Chicken Pie with Mashed potato top served with Gravy	MSC Fish Fingers served with Chips and ketchup
	Option 2	Vegetable Lasagne	Cheese and Tomato Pizza served with potato wedges	Roasted Quorn Fillet served with mashed potato, Stuffing and Gravy	Vegetable Pasty served with mashed potato and Gravy	Veggie Sausage served with Chips and ketchup
	Vegetables	Mixed Green Salad Coleslaw	Sweetcorn Baked Beans	Carrots Sweetcorn	Broccoli Cauliflower	Sweetcorn Baked Beans
	Dessert	Chocolate Shortbread with Mandarins	Jelly (and Tinned Pears)	Ice Cream	Fruity Shortbread	Oatie Cookie
Or a choice of Yoghurt & Fresh Fruit available daily						
<b>Week Three</b> 17/1/22 7/2/22 28/2/22 21/3/22	Option 1	Beef Bolognese served with Spaghetti	Smokey Chicken Wrap served with Rice	Roast Turkey served with mashed potato Stuffing and Gravy	Beef Burger in a Bun served with sweet potato wedges	MSC Fish Fingers served with Chips and ketchup
	Option 2	Macaroni Cheese	Mexican Bean Sausage Roll served with oven baked wedges	Roasted Quorn Fillet served with mashed potato, Stuffing and Gravy	Cheese and Tomato Pizza served with potato wedges	Southern Style Vegan Burger served with Chips and ketchup
	Vegetables	Mixed Green Salad Sweetcorn	Rainbow Slaw Baked beans	Carrots Sweetcorn	Mixed Green Salad Coleslaw	Sweetcorn Baked Beans
	Dessert	Vanilla Sponge and Custard	Catherine Wheel Cookie	Ice Cream	Pear and Chocolate Upside Down Cake with Custard	Fruit Jelly with Mandarins
Or a choice of Yoghurt & Fresh Fruit available daily						

**Available Daily:**

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

**ALLERGY INFORMATION:**

If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.