


PRIMARY MENU



| Week 1 w/c 6th Nov |  | Tuesday | Wednesday | Thursday | Friday |
|-----------------------|---|---------------------------------|---|--|---|
| Soup of the Day | Chef Choice | Tomato and Basil | Broccoli and Cheddar | Chef Choice | Chinese Sweetcorn |
| Main Meal | Wholemeal Pizza and Wedges | Cowboy Casserole with Pasta | Scouse with Crusty Bread and Pickled Beetroot | Ham Roast Dinner with Seasonal Vegetables and Roast Potatoes | Fish Fingers with chips and Garden Peas |
| Meat Free Main Meal | Cheese and Onion Plate Pie with Carrots and Peas | Vegetarian Chilli with Rice | Tuna Pasta with Cucumber and Red Onion | Twice Baked Jacket Potato | Veggie Burger in a Bun with Chips |
| Side dish | Wedges | Wholemeal Pasta | Crusty Bread | Roast potatoes | Chips |
| Vegetable | Tomatoes, Carrots and Peas | Tomatoes | Red Peppers and Beetroot | Carrots | Garden Peas |
| Dessert | Fresh Fruit Salad/ Yoghurt | Vanilla Cheesecake/ Fresh Fruit | Pineapple and Coconut Sponge/Yoghurt | Apple Flapjacks/ Fresh Fruit | Cheese and crackers/ Yoghurt |

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 13th Nov | <small>PROUDLY</small> MEAT FREE <small>SUPPORTING</small> | Tuesday | Wednesday | Thursday | Friday |
|------------------------|---|---|---|---|---|
| Soup of the Day | Chef Choice | Split Pea | Chinese Sweetcorn | Leek and potato | Chef Choice |
| Main Meal | Tomato and Basil Pasta Bake with Garlic Bread | Spanish Chicken with Wholemeal Rice and Green Beans | Sausage and Mash | Meatball Sub with Salad and Tortilla Chips | Battered Fish and Chips with Minted Mushy Peas |
| Meat Free Main Meal | Falafel pitas | Roasted Red Pepper, Cheese and Tomato Quiche | Macaroni Cheese with Peas | Vegetable and Cheese Quesadillas | Vegetable Curry and Rice |
| Side dish | Wholemeal Pasta | Wholemeal Rice | Mash | Bread | Chips |
| Vegetable | Carrots | Green Beans | Peas | Tomatoes and Cucumber | Minted Mushy Peas |
| Dessert | Fresh Fruit Salad/ Yoghurt | Fresh Fruit | Apple and Oat Crumble with Pouring Cream/ Yoghurt | Vanilla Sponge and Custard/Fresh Fruit | Cheese and Crackers/ Yoghurt |

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 3 w/c 20th Nov | MEAT FREE Monday SUPPORTING | Tuesday | Wednesday | Thursday | Friday |
|------------------------|--|--|--|---|---|
| Soup of the Day | Chef Choice | Leek and Potato | Red Pepper Soup | Tomato and Basil | Chef Choice |
| Main Meal | Cheesy Beans Pasta Bake | Corned Beef Hash | Ham Roast Dinner with Seasonal Vegetables and Roast Potatoes | Wholemeal Spaghetti Bolognese with Salad and Garlic Bread | Fish Cake or Fish Fingers with Chips and Mushy Peas |
| Meat Free Main Meal | Tomato and Cheese Quiche with Salad | Tuna Pasta with Cucumber and Red Onion | Twice Baked Jacket Potatoes | Vegetarian Sausage Toasties | Tandoori Salmon with Pitta Bread |
| Side dish | Wholemeal Pasta | Potatoes | Roast Potatoes | Wholemeal Spaghetti | Chips/Pitta Bread |
| Vegetable | Salad | Carrots | Cabbage | Tomatoes | Mushy Peas |
| Dessert | Sponge Cake and Custard/Fresh fruit | Ginger Biscuits/ Fresh Fruit | Fresh Fruit salad/ Yoghurt | Fresh Fruit Trifle/ Fresh Fruit | Cheese and Crackers/ Yoghurt |

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 4 w/c 27th Nov | PROUDLY MEAT Monday FREE SUPPORTING | Tuesday | Wednesday | Thursday St Andrew's Day | Friday |
|---|---|-----------------------------------|--|---|-------------------------------------|
| Soup of the Day | Carrot and Coriander | Pea | Red Pepper Soup | Chef Choice | Chef Choice |
| Main Meal | Wholemeal Pizza and Wedges | Chicken Katsu Curry with Rice | Carbonara Penne Pasta Bake with Garlic Bread | Mince and Tatties | Battered Fish and Chips with Beans |
| Meat Free Main Meal | Broccoli and Cream Cheese Pasta Bake | Spanish Omelette with salad | Vegetable and Rice Enchiladas | Quorn Stovies | Veggie Sausage Rolls |
| Side dish | Wedges | Rice | Pasta | Potatoes | Chips |
| Vegetable | Peppers | Peas and Sweetcorn | Tomatoes | Peas | Baked Beans |
| Dessert | Fresh Fruit Salad | German Apple Cake/ Fresh Fruit | Sticky Toffee Pudding/ Yoghurt | Shortbread/Fresh Fruit | Rich 'Chocolate' Cookie/ Yoghurt |
| 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 5 w/c 4th Dec |  | Tuesday | Wednesday | Thursday | Friday |
|-----------------------|---|--|--|--|---|
| Soup of the Day | Chef Choice | Chinese Sweetcorn | Chef Choice | Broccoli and Cheddar | Chef Choice |
| Main Meal | Tomato and basil pasta | Spaghetti and Meatballs | Sausage and Mash with Peas | Chicken Curry with wholemeal Rice and Onion Bhajis | Battered Fish and Chips with Minted Mushy Peas |
| Meat Free Main Meal | Vegetable Biryani | Cheese and Tomato panini | Macaroni Cheese | Cheese and Red Onion Quiche | Homemade Chip Shop Curry Sauce with Rice |
| Side dish | wholemeal pasta | wholemeal Spaghetti | Mash | wholemeal Rice | Chips |
| Vegetable | Peppers | Tomatoes | Peas | Onions | Mushy Peas |
| Dessert | Apple and Oat Crumble with pouring Cream/ Fresh Fruit | Homemade Rice pudding with Strawberry Jam/ Fresh Fruit | Iced Sponge Cake with Custard/Fresh Fruit | Fresh Fruit/yoghurt | Cheese and Crackers/ Yoghurt |


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 6 w/c 11th Dec |  | Tuesday | Wednesday | Thursday | Friday |
|------------------------|---|---------------------------|--|------------------------------|---|
| Soup of the Day | Chef Choice | Tomato and Basil | Broccoli and Cheddar | Chef Choice | Chinese Sweetcorn |
| Main Meal | Vegan Ravioli in Tomato Sauce with Crusty Bread | All Day Breakfast | Chicken Tikka Curry with wholegrain Rice and Mango Chutney | Cottage pie | Fish Fingers with Chips and Garden Peas |
| Meat Free Main Meal | Spanish Omelette | Roasted Red Pepper Quiche | Vegetable and Lentil Stew | Vegetable Quesadillas | Veggie Sausage Roll |
| Side dish | Crusty Bread | Toast | Wholegrain Rice | Mash | Chips |
| Vegetable | Tomatoes | Mushrooms | Green Beans | Peas and Carrots | Garden Peas |
| Dessert | Fresh Fruit Salad | Shortbread Fresh Fruit | Sponge Cake topped with Jam and Whipped Cream/ Yoghurt | Apple Flapjacks/ Fresh Fruit | Cheese and Crackers/ Yoghurt |


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 7 w/c 18th Dec |  | Tuesday | Wednesday | Thursday | Friday |
|---|---|----------------------------------|---|--|---|
| Soup of the Day | Chef Choice | Tomato and Basil | Roasted Vegetable | Chef Choice | Chinese Sweetcorn |
| Main Meal | Veggie Spaghetti Bolognese with Garlic Bread | Sausage Casserole | Christmas Dinner: Roast Turkey, Roast Potatoes, Stuffing, pigs in Blankets, Sprouts, Carrots and Turnip | Chef Choice Curry and Rice | Fish Fingers with Chips and Mushy Peas |
| Meat Free Main Meal | Welsh Rarebit | Vegetable and Cheese Omelette | Vegetarian Christmas Dinner | Cheese and Tomato Toasties | Salmon Fish Pie |
| Side dish | wholemeal Spaghetti | Potatoes | Potatoes | Wholegrain Rice | Chips |
| Vegetable | Tomatoes | Onions | Sprouts, Carrots, Turnip | Tomatoes | Mushy Peas |
| Dessert | 'Chocolate' Fudge Cake/Fresh Fruit | Oat Cookies/ Fresh Fruit | Christmas Tree Ice Creams | Manchester Tart/ Fresh Fruit | Cheese and Crackers/ Yoghurt |
| 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 | |