

# Primary School Menu - Summer 2019

**Week 1** 15/4/19, 13/5/19, 10/6/19

Traditional

	MON	TUE	WED	THUR	FRI
Main Option 1 (Soup & Sandwich)	Chicken Noodle Soup	Tomato Soup	Butternut Squash and Sweet Potato Soup	Lentil Soup	
	Sandwiches Ham Egg Tuna Cheese	Sandwiches Egg Tuna Cheese	Sandwiches Ham Egg Tuna Cheese	Sandwiches Egg Tuna Cheese	Sandwiches Ham Egg Tuna Cheese
Main Option 2	Salmon Fish Fingers with Oven Chips and Peas	Chicken Supreme with Rice	Steak Pie with Mashed Potato	Roast Turkey in Gravy with Roast Potatoes	Beef Burger in a Roll
		Vegetables	Vegetables	Vegetables	Side of Fruit/Veg
Main Option 3 (M)	Cheese and Tomato Pizza with Oven Chips	Jacket Potato with Baked Beans and Cheese	Quorn Bolognaise with Spaghetti Pasta	Vegetarian Sausages with Roast Potatoes and Gravy	Quorn Burger in a Roll
	Mixed Salad	Mixed Salad	Mixed Salad	Vegetables	Side of Fruit/Veg
Dessert	Yoghurt or Choice of Fresh Fruit or Chocolate Crispie	Yoghurt or Choice of Fresh Fruit or Fruity Tuesday	Yoghurt or Choice of Fresh Fruit or Peach Crumble with Custard	Yoghurt or Choice of Fresh Fruit or Cheese, Crackers and Grapes	Yoghurt or Choice of Fresh Fruit or Brownie

**PACKED LUNCH**

This includes a sandwich, a drink, a piece of fruit and vegetable crudité's. On Mondays, Wednesdays and Fridays there will be an option of yoghurt or tray bake. On Tuesdays and Thursdays it will be yoghurt only.

# Week 2 22/4/19, 20/5/19, 17/6/19

Traditional

	MON	TUE	WED	THUR	FRI
Main Option 1 (Soup & Sandwich)	Chicken Noodle Soup	Tomato Soup	Butternut Squash and Sweet Potato Soup	Lentil Soup	
	Sandwiches Ham Egg Tuna Cheese	Sandwiches Egg Tuna Cheese	Sandwiches Ham Egg Tuna Cheese	Sandwiches Egg Tuna Cheese	Sandwiches Ham Egg Tuna Cheese
Main Option 2	Pork Sausages with Potato Smiles and Baked Beans	Chicken Korma with Rice and Naan Bread	Spaghetti Bolognaise	Chicken Enchiladas with Savoury Rice	Grilled Chicken in a Roll
		Mixed Salad	Vegetables	Vegetables	Side of Fruit/Veg
Main Option 3 (M)	Omelette with Potato Smiles and Baked Beans	Tomato Pasta with Fresh Bread	Vegetable Curry with Rice	Jacket Potato with Baked Beans and Cheese	Quorn Dippers in a Roll
		Vegetables	Mixed Salad	Mixed Salad	Side of Fruit/Veg
Dessert	Yoghurt or Choice of Fresh Fruit or Coconut Shortcake	Yoghurt or Choice of Fresh Fruit or Fruity Tuesday	Yoghurt or Choice of Fresh Fruit or Apple Pie with Custard	Yoghurt or Choice of Fresh Fruit or Fruit Salad with Mango Frozen Yoghurt	Yoghurt or Choice of Fresh Fruit or Lemon Muffin

## PACKED LUNCH

This includes a sandwich, a drink, a piece of fruit and vegetable crudité's. On Mondays, Wednesdays and Fridays there will be an option of yoghurt or tray bake. On Tuesdays and Thursdays it will be yoghurt only.

# Week 3 29/4/19, 27/5/19, 24/6/19

Traditional

	MON	TUE	WED	THUR	FRI
Main Option 1 (Soup & Sandwich)	Chicken Noodle Soup	Tomato Soup	Butternut Squash and Sweet Potato Soup	Lentil Soup	
	Sandwiches Ham Egg Tuna Cheese	Sandwiches Egg Tuna Cheese	Sandwiches Ham Egg Tuna Cheese	Sandwiches Egg Tuna Cheese	Sandwiches Ham Egg Tuna Cheese
Main Option 2	Fish and Oven Chips with Peas	Mince and Mashed Potatoes  Vegetables	Turkey Meatballs in Tomato Sauce with Spaghetti Pasta  Mixed Salad	Roast Beef in Gravy with Roast Potatoes and Yorkshire Pudding  Vegetables	BBQ Chicken Fillet in a Roll  Side Fruit/Veg
	Cheese and Tomato Quiche with Oven Chips  Vegetables	Vegetable Lasagne with Fresh Bread  Mixed Salad	Macaroni Cheese with Garlic Bread  Vegetables	Jacket Potato with Baked Beans or Tuna Mayonnaise  Mixed Salad	Veggie Nuggets in a Roll  Side of Fruit/Veg
Main Option 3 (M)					
Dessert	Yoghurt or Choice of Fresh Fruit or Oaty Biscuit	Yoghurt or Choice of Fresh Fruit or Fruity Tuesday	Yoghurt or Choice of Fresh Fruit or Apple Crumble with Custard	Yoghurt or Choice of Fresh Fruit or Yoghurt with a Berry Topping	Yoghurt or Choice of Fresh Fruit or Flapjack

## PACKED LUNCH

This includes a sandwich, a drink, a piece of fruit and vegetable crudité's. On Mondays, Wednesdays and Fridays there will be an option of yoghurt or tray bake. On Tuesdays and Thursdays it will be yoghurt only.

# Week 4 6/5/19, 3/6/19, 1/7/19

Traditional

	MON	TUE	WED	THUR	FRI
Main Option 1 (Soup & Sandwich)	Chicken Noodle Soup	Tomato Soup	Butternut Squash and Sweet Potato Soup	Lentil Soup	
	Sandwiches Ham Egg Tuna Cheese	Sandwiches Egg Tuna Cheese	Sandwiches Ham Egg Tuna Cheese	Sandwiches Egg Tuna Cheese	Sandwiches Ham Egg Tuna Cheese
Main Option 2	Cod and Salmon Fish Cake with Potato Smiles	Sweet and Sour Pork with Rice	Chicken and Broccoli Lasagne with Fresh Bread	Chicken Chow Mein	Sausage in a Roll
	Vegetables	Vegetables	Vegetables	Vegetables	Side of Fruit/Veg
Main Option 3 (M)	Cheese and Tomato Pizza with Potato Smiles	Jacket Potato with Baked Beans or Tuna Mayonnaise	Quorn Korma with Rice and Naan Bread	Cheese and Onion Bridie with Beans	Vegetarian Sausage in a Roll
	Mixed Salad	Mixed Salad	Mixed Salad	Mixed Salad	Side of Fruit/Veg
Dessert	Yoghurt or Choice of Fresh Fruit or Plain Crispie	Yoghurt or Choice of Fresh Fruit or Fruity Tuesday	Yoghurt or Choice of Fresh Fruit or Jelly	Yoghurt or Choice of Fresh Fruit or Fruit Salad with Frozen Yoghurt	Yoghurt or Choice of Fresh Fruit or Banana Muffin

## PACKED LUNCH

This includes a sandwich, a drink, a piece of fruit and vegetable crudités. On Mondays, Wednesdays and Fridays there will be an option of yoghurt or tray bake. On Tuesdays and Thursdays it will be yoghurt only.