



Primary School Lunch Menu

SEPTEMBER - FEBRUARY

(Menu Option 1w)

Planet Friendly Days



Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Southern Style Quorn Burger in a Bun (vg) Diced Potato (vg)	Sizzling Quorn Sausages with Gravy Mashed Potato (v)	Oven Roasted Vegetable Fajita (v) Savoury Rice (v)	Handmade Margherita Pizza Slice (v) Seasoned Wedges (vg)	Herby Cheese Omelette (v) Chips (vg)
Main Course	Creamy Mac and Cheese (v) Garlic Bread Slice (v)	Sizzling Pork Sausages with Gravy Mashed Potato (v)	Mexican Style Shredded Beef Taco Savoury Rice (v)	Succulent BBQ Chicken Fillet Seasoned Wedges (vg)	Crispy Battered Fish Mushy Peas (v) Chips (vg)
Halal	Choice of Above (v)	Sizzling Chicken Sausages with Gravy Mashed Potato (v)	Oven Roasted Vegetable Fajita (v) Savoury Rice (v)	Succulent BBQ Chicken Fillet Seasoned Wedges (vg)	Choice of Above
Chef's Choice of Seasonal Vegetables and Salad Bar (v)(vg) / Jacket Potato – Cheese (v), Tuna Mayo*, Beans (v/vg) / Sandwiches Options (v)					
Dessert Fresh Fruit (vg), Yoghurt (v), Cheese & Biscuits (v)	Frozen Yoghurt (v)	Fruit Medley (v)	Jocelyn's Peach Cookie (v) (gf)	Arctic Ice Cream Roll (v)	Lemon Muffin (v)
Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Classic Spaghetti Napoli (v) Oven Baked Crusty Bread (v)	Oven Baked Quorn Dippers Egg Fried Rice (v) Curry Sauce (v)	Traditional Quorn Lasagne (v) Garlic Bread Slice (v)	Classic Cheese & Tomato Quiche (v) Roast Potato (vg)	Mexican Style Quorn Wrap Tomato Salsa (v)
Main Course	American Style Quorn Hot Dog in a Bun (v) Jacket Wedges (vg)	Oven Baked Chicken Dippers Egg Fried Rice (v) Curry Sauce	Traditional Lasagne Garlic Bread Slice (v)	Roast Gammon Steak Roast Potato (vg)	Golden Baked Fish Star Chips (vg)
Halal	Choice of Above (v)	Oven Baked Quorn Dippers (vg) Egg Fried Rice (v) Curry Sauce	Traditional Lasagne Garlic Bread Slice (v)	Classic Cheese & Tomato Quiche (v) Roast Potato (vg)	Choice of Above
Chef's Choice of Seasonal Vegetables and Salad Bar (v)(vg) / Jacket Potato – Cheese (v), Tuna Mayo*, Beans (v/vg) / Sandwiches Options (v)					
Dessert Fresh Fruit (vg), Yoghurt (v), Cheese & Biscuits (v)	Ice Shortbread Finger (v)	Chocolate Brownie (v)	Strawberry Mousse (v)	Madeleine Sponge with Custard (v)	Fruit Medley (v)
Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Handmade Roasted Vegetable Supreme Pizza (v) Seasoned Wedges (v)	Succulent BBQ Quorn Fillet (vg) Roast Potato (v)	Indian Style Mild Quorn Korma Curry (v) Steamed Rice (vg) / Naan Bread (v)	Mighty Quorn Meatball Sub (vg) Baked Beans (vg) Sweetcorn (v)	Lentil & Vegetable Soup With Cheese & Tomato Pinwheel
Main Course	Rich Tomato and Basil Penne Pasta Bake (v) Garlic Bread Slice (v)	Classic Savoury Mince & Vegetable Pie Roast Potato (v)	Indian Style Mild Chicken Curry Steamed Rice (vg) / Naan Bread (v)	Oven Baked Cheese Lattice Slice (v) Baked Beans (vg)	Fish Fingers or Salmon Fingers Chips (vg)
Halal	Choice of Above (v)	Classic Savoury Mince Roast Potato (v)	Indian Style Mild Chicken Korma Curry Steamed Rice (vg) / Naan Bread (v)	Choice of Above (v)	Choice of Above
Chef's Choice of Seasonal vegetables and Salad Bar (v)(vg) / Jacket Potato – Cheese (v), Tuna Mayo*, Beans (v/vg) / Sandwiches Options (v)					
Dessert Fresh Fruit (vg), Yoghurt (v), Cheese & Biscuits (v)	Yoghurt with Fruit (v)	Banana Bread with Custard (v)	Oat Cookie with Fruit (v)	Fruity Flapjack (v)	Apple Crumble Muffin (v)

CHOICE OF DRINKS:

Chilled water
Reduced Fat Milk (v)

Menus are subject to availability
(Vg) Plant-Based and Planet-Friendly
(v) Suitable for Vegetarians
** Taking a break on Planet-friendly days

