




## Primary Lunch Menu Autumn 2021





# Lunch Menu






## Week 1 - Mains

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	<b>Burrito (V)</b> A soft wrap filled with lightly spiced veggies and rice 	<b>Hot Chicken Sandwich</b> Served with Lettuce & Mayonnaise	<b>Roast Turkey with Roast Potatoes and Gravy</b> Succulent roast Turkey with fluffy roasties and tasty gravy	<b>Bacon All Day Breakfast **</b> Served with Potato Wedges	<b>Breaded Chicken Mayo Wrap</b>
<b>Alternative Dish</b>	<b>Cheese &amp; Tomato Pizza</b>	<b>Macaroni Cheese</b>	<b>Quorn Roast with Roast Potatoes and Gravy (V)</b>	<b>Quorn Hotdog</b> Served with Potato Wedges	<b>Quorn Dippers and Chips (V)</b> Crispy Quorn nuggets with their fav sauce – ketchup
<b>Third Choice</b>		<b>Jacket Potato with Salmon Mayonnaise ***</b>			
<b>Jacket Potato</b>	 <b>Jacket Potato With A Choice Of Fillings – Baked Beans, Cheese or Tuna</b>				
<b>Pasta</b>	<b>Tomato Pasta ** (V)</b> A delicious fresh, homemade tomato sauce with penne pasta				
<b>Vegetables</b>	<b>Green Beans</b> <b>Sweetcorn</b>	<b>Peas</b> <b>Broccoli</b>	<b>Carrots</b> <b>Cabbage</b>	<b>Broccoli</b> <b>Sweetcorn</b>	<b>Baked Beans</b> <b>Peas</b>
<b>Desserts</b>	<b>Raspberry Ripple Ice-Cream</b>	<b>Orange Drizzle Cake</b>	<b>Shortbread Biscuit with Fruit Slices*</b>	<b>Pineapple Upside Down Cake (with custard)</b>	<b>Lemon Slice</b>
Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily *Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian 					



# Lunch Menu





## Week 2 - Mains

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	<b>Veggie Bolognese ** (V)</b>  Penne pasta in a yummy tomato and Quorn sauce  	<b>Sausage &amp; Mash</b>  Pork Sausages served with Mashed Potato & Gravy	<b>Roast Chicken with Roast Potatoes and Gravy</b>  Succulent roast turkey with fluffy roasties and tasty gravy	<b>Cottage Pie **</b>  A classic cottage pie with veg and gravy  	<b>Golden Fish Fingers and Chips</b>  Crispy Fish Fingers and scrummy chips
<b>Alternative Dish</b>	<b>Cheese and Tomato Pizza ** with Dough Balls (V)</b>  Cheesy Tomato Topped Pizza Slice	<b>Allegra's Oodles of Noodles (V)</b>  Veggie Noodles  	<b>Quorn Roast served with Roast Potatoes and Gravy</b>	<b>Veggie Balls in Tomato Sauce **</b>  Served with Wholemeal Pasta  	<b>Tomato Veggie Burger with Chips (V)</b>  A delicious homemade veggie burger
<b>Jacket Potato</b>	 <b>Jacket Potato With A Choice Of Fillings – Baked Beans, Cheese or Beans</b>				
<b>Pasta</b>	<b>Tomato Pasta ** (V)</b> A delicious fresh, homemade tomato sauce with penne pasta				
<b>Vegetables</b>	Carrot Sticks Cucumber Sticks	Peas Broccoli	Carrots Cabbage	Green Beans Sweetcorn	Baked Beans Peas
<b>Desserts</b>	Flapjack with Fruit Slices*	Orange Shortbread served with fruit	Crunchy Chocolate Biscuit	Fruity Chocolate Brownie	Vanilla Ice-Cream
Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily *Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian					



# Lunch Menu

## Week 3 - Mains

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Cheese & Tomato Pizza	Allegra's Garlicky Chicken and Spanish Spuds 	Roast Beef with Roast Potatoes and Gravy Succulent roast Beef with fluffy roasties and tasty gravy	Beef Burrito  A soft wrap filled with fresh beef and rice	Southern Fried Chicken Tasters Lightly seasoned crispy chicken strips and scrummy chips
Alternative Dish	Veggie Sausage and Mash with Gravy (V) Fluffy mash with veggie sausages and  gravy	Marconi Cheese	Quorn Roast served with Roast Potatoes and Gravy	Veggie Lasagne served with a bread wedge (V) ** Delicious sheets of pasta layered with veggies and tomato sauce	Soft Taco and Chips (V) A soft taco shell filled with a yummy veggie tomato  chilli
Jacket Potato	Jacket Potato With A Choice Of Fillings				
Pasta	Tomato Pasta ** (V) A delicious fresh, homemade tomato sauce with penne pasta				
Vegetables	Peas Carrots	Sweetcorn Broccoli	Carrots Cabbage	Green Beans Sweetcorn	Baked Beans Peas
Desserts	Oatie Biscuit with Fruit Slices*	Apple and Carrot Yoghurt Muffin*	Strawberry Ice Cream	Chocolate Sponge Cake	Cheese & Biscuits (soft Cheese Portion)
Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily *Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian					