Primary School Autumn Winter 2021 Lunch Menu

Week 1 – 30/08, 20/09, 11/10, 01/11, 22/11, 13/12, 03/01, 24/01, 14/02, 07/03, 28/03
Week 2 – 06/09, 27/09, 18/10, 08/11, 29/11, 20/12, 10/01, 31/01, 21/02, 14/03, 04/04
Week 3 – 13/09, 04/10, 25/10,15/11, 06/12, 27/12, 17/01, 07/02, 28/02, 21/03,

Autumn / Winter Lunch Menu 2021 Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	**Burrito (V)** A soft wrap filled with lightly spiced veggies and rice	**Allegra`s Chicken Filo Pie with Creamy Mashed Potatoes (H)** Light filo pastry hearty chicken centre	**Roast Chicken (H)** ***with Roast Potatoes and Gravy*** Succulent roast chicken with fluffy roasties and tasty gravy	**Pasta Bolognese ** (H)** A classic Italian beef Bolognese in a yummy tomato sauce Wholemeal Pasta	**Golden Fish Fingers *and Chips*** Crispy Fish Fingers and scrummy chips
Alternative Dish	**Cheese and Tomato Pizza **** ***with Dough Balls* (V)** Cheesy Tomato Topped Pizza Slice	**The Incredible Veggie Burger (V)** Vegetarian Burger served with Potato Wedges	**Sweet Potato and Chickpea Roast** ***with Roast Potatoes and Gravy* (V)** A chunky sweet potato and chickpea roast	**Hotdog** ***with Potato Wedges* (V)** Our favourite veggie hotdog served with ketchup in a soft sub roll	**Quorn Dippers *and Chips* (V)** Crispy Quorn Dippers with ketchup
Third Choice		**Jacket Potato with Salmon Mayonnaise *** **			
Packed Lunch	**Ham , Cheese , Tuna or a weekly Special Sandwich served with;** Veg Sticks, Fresh Fruit Pot ,Dessert of the Day				
Jacket Potato	**Jacket Potato With A Choice Of Fillings** Cheese, Beans or Tuna				
Salad Bar	**Tomato Pasta ** (V)** A delicious fresh, homemade tomato sauce with penne pasta With Lettuce, Cucumber , Tomatoes, Grated Carrots , Sweetcorn , Potato Salad				
Vegetables	**Green Beans** **Sweetcorn**	**Peas** **Broccoli**	**Carrots** **Cabbage**	**Broccoli** **Sweetcorn**	**Baked Beans** **Peas**
Desserts	**Raspberry Ripple Ice Cream** **Or** **Fresh Fruit Pot**	**Secret Brownie** **Or** **Fresh Fruit Pot**	**Shortbread Biscuit served with fruit slices *** **Or** **Fresh Fruit Pot**	**Summer Berry & Peach Oaty Crumble*** ***with Custard*** ***Or*** ***Fresh Fruit Pot***	**Chocolate and Raspberry Swirl Cake** **Or** **Fresh Fruit Pot**

Cool Water, Fresh Fruit, Freshly Baked Bread , Fruit Yoghurt, Salad Bar available daily

*Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian (H) Halal

Autumn/ Winter Lunch Menu 2021 Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	**Veggie Bolognese (V)** Wholemeal Penne pasta in a yummy tomato and Quorn sauce	**Sausage and Mash with Gravy** **Or** **Chicken Sausages (H)** Traditional Pork or Chicken Sausage and Mash with rich Gravy	**Roast Turkey (H) with Roast Potatoes and Gravy** Succulent roast turkey with fluffy roasties and tasty gravy	**Traditional Cottage Pie (H)** A classic Cottage served with vegetables and gravy	**Golden Fish Fingers *and Chips*** Crispy Fish Fingers and scrummy chips
Alternative Dish	**Cheese and Tomato Pizza **** ***with Dough Balls* (V)** Cheesy Tomato Topped Pizza Slice	**Allegra`s Oodles of Noodles (V)** Veggie Noodles	**Creamy Vegetable Pie with a Cheesy Shortcrust Topper (V)** Creamy vegetable pie served with cheesy shortcrust topper	**Mild Chickpea & Potato Curry *with a Rice side* **(V)** A tasty chick pea and potato masala curry	**Tomato Veggie Burger (V)** A delicious homemade Veggie burger
Packed Lunch	**Ham , Cheese , Tuna or a weekly Special Sandwich served with;** **Veg Sticks, Fresh Fruit Pot ,Dessert of the Day**				
Jacket Potato	**Jacket Potato With A Choice Of Fillings** Cheese , Beans or Tuna				
Salad Bar	**Tomato Pasta ** (V)** A delicious fresh, homemade tomato sauce with penne pasta With Lettuce, Cucumber , Tomatoes, Grated Carrots , Sweetcorn , Potato Salad				
Vegetables	**Carrot Sticks** **Cucumber Sticks**	**Broccoli** **Peas**	**Cabbage** **Carrots**	**Sweetcorn** **Broccoli**	**Peas** **Baked Beans**
Desserts	**Flapjack *** **With Fruit Slices** **Or** **Fresh Fruit Pot**	**Peach Shortbread Pudding with Custard * Or** **Fresh Fruit Pot**	**Raspberry Yoghurt Cake** **Or** **Fresh Fruit Pot**	**Fruity Chocolate Brownie** **Or** **Fresh Fruit Pot**	**Vanilla Ice Cream** **Or** **Fresh Fruit Pot**

Cool Water, Fresh Fruit, Freshly Baked Bread , Fruit Yoghurt, Salad Bar Available Daily

***Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian (H) Halal**

Autumn /Winter 2021 Lunch Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	**Vegetarian Sausages with Mash potatoes and gravy (V)** Fluffy mash served veggie sausages and a rich gravy	**Garlicky Chicken and Spanish Spuds (H)** Garlic seasoned chicken served with potatoes	**Roast Beef (H)** Succulent roast beef with fluffy roasties and tasty gravy	**Beef Burrito (H)** A soft wrap filled with fresh beef and rice	**Southern Fried Chicken Tasters (H)** Lightly seasoned crispy chicken strips and scrummy chips
Alternative Dish	**Baked Macaroni (V)** Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce	**Veggie Balls In Tomato Sauce** (V)** Herby vegetarian balls served in a rich tomato sauce with wholemeal pasta	**Quorn Roast (V)** Succulent Quorn roast served in a rich gravy	**Vegetable Lasagne Served with Bread Wedge** (V)** Delicious sheets of pasta layered with vegetables and tomato sauce	**Soft Taco *and Chips* (V)** A soft taco shell filled with a yummy veggie tomato chilli
Packed Lunch	**Ham , Cheese , Tuna or a weekly Special Sandwich served with; Veg Sticks, Fresh Fruit Pot ,Dessert of the Day**				
Jacket Potato	**Jacket Potato With A Choice Of Fillings** Cheese , Beans or Tuna				
Salad Bar	**Tomato Pasta** (V)** A delicious fresh, homemade tomato sauce with penne pasta With Lettuce, Cucumber , Tomatoes, Grated Carrots , Sweetcorn , Potato Salad				
Vegetables	**Peas Carrots**	**Broccoli Sweetcorn**	**Carrots Cabbage**	**Sweetcorn Green Beans**	**Baked Beans Peas**
Desserts	**Oatie Biscuit * With Fruit Slice Or Fresh Fruit Pot**	**Apple and Carrot Yoghurt Muffin* Or Fresh Fruit Pot**	**Strawberry Ice Cream Or Fresh Fruit Pot**	**Chocolate Slice * Or Fresh Fruit Pot**	**Crispy Snow Bar Or Fresh Fruit Pot**

Cool Water, Fresh Fruit, Freshly Baked Bread , Salad Bar Available Daily

***Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian (H) Halal**

Primary School Autumn Winter 2021 Packed Lunch Menu Eat In

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Week 3 – 13/09, 04/10, 25/10,15/11, 06/12, 27/12, 17/01, 07/02, 28/02, 21/03,

Autumn /Winter Packed Lunch Menu 2021

Eat In Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Sandwich Option 1	Ham	Ham	Ham or Chicken Mayonnaise	Ham	Ham
Sandwich Option 2	Cheese	Cheese	Cheese	Cheese	Cheese Or Laughing Cow Cheese & Cucumber
Sandwich Option 3	Tuna	Tuna	Tuna	Tuna	Tuna
Salad Bar	Carrot Batons, Cucumber Sticks or Tomatoes				
Fruit	Fresh Fruit Salad Pot				
Dessert	Raspberry Ripple Ice Cream or Strawberry Yoghurt	Secret Brownie or Strawberry Yoghurt	Shortbread Biscuit Served with Fruit Slices or Strawberry Yoghurt	Berry & Peach Oaty Crumble Served with Custard or Strawberry Yoghurt	Chocolate and Raspberry Swirl Cake or Strawberry Yoghurt
Snacks	Bear Yo Yo Fresh Water Available Daily				

Autumn /Winter Packed Lunch Menu 2021

Eat In Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Sandwich Option 1	Ham	Ham	Ham Or Chicken Mayonnaise	Ham	Ham
Sandwich Option 2	Cheese	Cheese	Cheese	Cheese	Cheese Or Laughing Cow Cheese & Cucumber
Sandwich Option 3	Tuna	Tuna	Tuna	Tuna	Tuna
Salad Bar	Carrot Batons, Cucumber Sticks or Tomatoes				
Fruit	Fresh Fruit Salad Pot				
Dessert	Flapjack With Fruit Slices or Strawberry Yoghurt	Peach Shortbread Pudding with Custard or Strawberry Yoghurt	Raspberry Yoghurt Cake Or Strawberry Yoghurt	Fruity Chocolate Brownie Or Strawberry Yoghurt	Vanilla Ice Cream Or Strawberry Yoghurt
Snacks	Bear Yo Yo				
Drink	Fresh Water Available Daily				

Autumn /Winter Packed Lunch Menu 2021

Eat In Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Sandwich Option 1	Ham	Ham	Ham Or Chicken Mayonnaise	Ham	Ham
Sandwich Option 2	Cheese	Cheese	Cheese	Cheese	Cheese Or Laughing Cow Cheese & Cucumber
Sandwich Option 3	Tuna	Tuna	Tuna	Tuna	Tuna
Salad Bar	Carrot Batons, Cucumber Sticks or Tomatoes				
Fruit	Fresh Fruit Salad Pot				
Dessert	Oatie Biscuit and Fruit Slices or Strawberry Yoghurt	Apple and Carrot Yogurt Muffin or Strawberry Yoghurt	Strawberry Ice Cream Or Strawberry Yoghurt	Chocolate Slice or Strawberry Yoghurt	Crispy Snow Bar Or Strawberry Yoghurt
Snacks	Bear Yo Yo				
Drink	Fresh Water Available Daily				

Primary School Autumn Winter 2021 Packed Lunch Menu Eat Out

Week 1 – 30/08, 20/09, 11/10, 01/11, 22/11, 13/12, 03/01, 24/01, 14/02, 07/03, 28/03
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Autumn /Winter Packed Lunch Menu 2021

Eat Out Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Sandwich Option 1	Ham	Ham	Ham Or Chicken Mayonnaise	Ham	Ham
Sandwich Option 2	Cheese	Cheese	Cheese	Cheese	Cheese Or Laughing Cow Cheese & Cucumber
Sandwich Option 3	Tuna	Tuna	Tuna	Tuna	Tuna
Fruit	Orange, Apple or Banana				
Dessert	Yoghurt Frube	Banana Malt Loaf	Yoghurt Frube	Banana Malt Loaf	Yoghurt Frube
Snacks	Bear Yo Yo				
Drink	Bottled Water				

Autumn /Winter Packed Lunch Menu 2021

Eat Out Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Sandwich Option 1	Ham	Ham	Ham Or Chicken Mayonnaise	Ham	Ham
Sandwich Option 2	Cheese	Cheese	Cheese	Cheese	Cheese Or Laughing Cow Cheese & Cucumber
Sandwich Option 3	Tuna	Tuna	Tuna	Tuna	Tuna
Fruit	Apple, Orange or a Banana				
Dessert	Banana Malt Cake	Yoghurt Frube	Banana Malt Cake	Yoghurt Frube	Banana Malt Cake
Snacks	Bear Yo Yo				
Drink	Bottled Water				

Autumn /Winter Packed Lunch Menu 2021

Eat Out Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Sandwich Option 1	Ham	Ham	Ham Or Chicken Mayonnaise	Ham	Ham
Sandwich Option 2	Cheese	Cheese	Cheese	Cheese	Cheese Or Laughing Cow Cheese & Cucumber
Sandwich Option 3	Tuna	Tuna	Tuna	Tuna	Tuna
Fruit	Apple , Orange or Banana				
Dessert	Yoghurt Frube	Banana Malt Cake	Yoghurt Frube	Banana Malt Cake	Yoghurt Frube
Snacks	Bear Yo Yo				
Drink	Bottled Water				