

PRIMARY LUNCHES
TASTY, HEALTHY FOOD FOR
SCHOOL CHILDREN

HOT, HEALTHY LUNCH MENU
SPRING 2020



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Meal One	1. Chicken Goujons with Baked Beans & Lightly Spiced Wedges	1. All Day Breakfast Sausage, Hash Browns, Baked Beans, Scrambled Eggs	1. Fish Cakes served with Mashed Potatoes, Peas & Sweetcorn	1. Roast Beef & Yorkshire Pudding, Roast Potatoes, vegetables	1. Pork Meatballs, in Tomato & Basil sauce with Pasta, Crusty Bread
	Vegetarian Meal Two	2. Quorn Chicken Goujons As above	2. Quorn Sausages option as above	2. Vegetable cakes served with Mashed Potatoes, Peas & S'corn	2. Quorn Fillets served as above	2. Quorn Meatballs option as above
	Meal Three	3. Jacket Potato + beans & cheese and pepper crudites	3. Jacket Potato + beans & sausage	3. Jacket Potato + Ham, cheese & Sweetcorn	3. Jacket Potato + Tuna Mayonnaise and Sweetcorn	3. Jacket Potato + Cheesy Coleslaw with Crunchy Salad
	Cold Meal	4. Cheese in Wholemeal Roll with Crudities	4. Egg Mayonnaise Wholemeal Roll Cucumber Sticks	4. Cheese & Tomato Flatbread crunchy vegetables	4. Ham & Salad in a Wholemeal Sub Roll	4. Lincolnshire Sausage Roll & Crunchy Salad
	Pudding	5. Chocolate Mousse 6. Fruit Yoghurt 7. Piece of Fruit	5. Muffin Cake Yoghurt 6. Yoghurt 7. Piece of Fruit	5. Jellied Jewels with Cream 6. Yoghurt 7. Piece of Fruit	5. Fruit Cookie 6. Yoghurt 7. Piece of Fruit	5. Choice of Fruit for Pudding A) Grapes B) Melon C) Banana D) Apple E) Orange F) Pear G) Plum
Week 2	Meal One	1. Salmon Fingers with Chips & Peas	1. Sausage & Mash with Vegetables	1. Chicken Korma with Rice	1. Roast Pork & Yorkshire Pudding, Apple Sauce, Roast Potatoes and Vegetables	1. Mac, Bacon 'n' Cheese Served with Crusty Bread and Pepper Crudites
	Vegetarian Meal Two	2. Vegetable fingers with Chips & Peas	2. Quorn Sausage & Mash with Vegetables	2. Vegetable Korma with Rice	2. Quorn Fillets served as above	2. Mac 'n' Cheese Served with Crusty Bread & Peppers
	Meal Three	3. Jacket Potato with Cheese & Beans	3. Jacket Potato with Mild Chilli & Cheese	3. Jacket Potato with BBQ Chicken and Crunchy Salad	3. Jacket Potato with Cheesy Coleslaw and Crudites	3. Jacket Potato with Beans & Cheese
	Cold Meal	4. Cream Cheese & Cucumber on a Wholemeal Roll	4. Cheese & Ham Wholemeal Sub with Pepper Crudites	4. Chicken & Cherry Tomato Wholemeal Sub Roll	4. Tuna & Cucumber 50/50 Sandwich	4. Egg Mayonnaise Baguette With Mixed Pepper Crudites
	Pudding	5. Chocolate Sponge & Chocolate Sauce 6. Yoghurt 7. Piece of Fruit	5. Oat 'n' Honey Cookie Slice 6. Yoghurt 7. Piece of Fruit	5. Toffee Tart 6. Yoghurt 7. Piece of Fruit	5. Strawberry Ice-Cream & Wafer 6. Yoghurt 7. Piece of Fruit	5. Fruit Choice for Pudding as Week 1
Week 3	Meal One	1. Ham Pizza Served with Herby Diced Potatoes & Salad	1. Beef Bolognese Sauce with Pasta & Garlic Bread	1. MSC Fish Fingers with Chips & Peas	1. Roast Chicken Fillet & Yorkshire Pudding, Roast Potatoes & Vegetables	1. Cowboy Chicken served Sticky Vegetable Rice & assorted dips
	Vegetarian Meal Two	2. Cheese & Tomato Pizza Herby Diced Potatoes, Salad	2. Tomato & Basil Sauce with Pasta & Garlic Bread	2. Vegetable Fingers with Chips & Peas	2. Quorn Fillets Served as Above	2. Quorn Popcorn Chicken Served as Above
	Meal Three	3. Jacket Potato with Chipolata Sausages & Beans	3. Jacket Potato with Cheese & Beans and Garlic Bread	3. Jacket Potato, Bolognese Sauce and Crunchy Salad	3. Jacket Potato with Cheese & Beans	3. Jacket Potato with double Cheese and crudites
	Cold Meal	4. Lincolnshire Sausage Roll With Crunchy Vegetables	4. Cheese in Wholemeal Roll With Crunchy Salad	4. Ham Salad Baguette	4. Chicken & Cherry Tomato 50/50 Sandwich	4. Tuna Mayonnaise Sub Roll With Cucumber
	Pudding	5. Flapjack 6. Yoghurt 7. Piece of Fruit	5. Fruit Choice for Pudding as Week 1	5. Chocolate Brownies 6. Yoghurt 7. Piece of Fruit	5. Lemon Drizzle Cupcakes 6. Yoghurt 7. Piece of Fruit	5. Vanilla Ice-Cream & Wafer 6. Yoghurt 7. Piece of Fruit

NB: WHERE "FRUIT FOR PUDDING" IS THE OPTION THERE WILL BE BANANA, ORANGE, GRAPES, APPLE, MELON PEAR & PLUM. YOU MUST STATE A PREFERENCE ON THE FORM. THE COLD MEAL OPTION CAN BE PUT TOGETHER WITH ANY OF THE AVAILABLE PUDDINGS FOR THAT DAY.

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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 4	Meal One	1 Sausage & Beans Hotpot Served with Mixed Vegetables	1 Battered Fillet of Fish with Mashed Potatoes, Peas & Sweetcorn	1 Lasagne Served with Crusty Bread & Salad	1 Roast Pork & Yorkshire Pudding, Roast Potatoes, vegetables	1 Jacket Potatoes with Choices of Fillings Tuna, Cheese, Beans, Sweetcorn
	Vegetarian Meal	2 Quorn Chicken & Ham Pie Served as Above	2 Vegetable Burger with Mashed Potatoes & Vegetables	2 Quorn Lasagne Served With Crusty Bread & Salad	2 Quorn Fillets option as above	2 Vegetable & Lentil Casserole Served with a Jacket Potato
	Meal Two	3 Jacket Potato + beans & Tuna Mayonnaise	3 Jacket Potato + beans & cheese	3 Jacket Potato with Cheesy Coleslaw & Salad	3 Jacket Potato & Cream Cheese with Pepper Crudites	3 As Meal 1 Choice
	Cold Meal	Chicken Sandwich, Crudities,	4 Tuna & Cucumber on A Wholemeal Roll	4 Lincolnshire Sausage Roll With Pepper Salad	4 Cheese & Tomato Sandwich On 50/50 Bread	4 Cream Cheese and Cucumber on a Bagel
	Pudding	5 Raspberry Ripple Mousse 6 Yoghurt 7 Piece of Fruit	5 Apple Crumble & Custard 6 Yoghurt 7. Piece of Fruit	5 Fruit for Pudding Choices as Week 1	5 Banana Muffins 6 Yoghurt 7 Piece of Fruit	5 Yoghurt 6 Piece of Fruit
Week 5	Meal One	1. Fish Stars Served with Mashed Potatoes and Mixed Vegetables	1 Pepperoni Pizza served with Salad & Herby Diced Potatoes	1 Mild Chilli Beef Served with Rice and Nacho Cheese	1 Roast Chicken & Yorkshire Pudding, Roast Potatoes, vegetables	1 Pork Meatballs, in Tomato & Basil sauce with Pasta, Crusty Bread
	Vegetarian Meal	2 Tomato & Mozzarella Ravioli With Garlic Bread	2 Cheese & Tomato Pizza served as above	2 Quorn Chilli option as above	2 Quorn Fillets served as above	2 Quorn Meatballs option as above
	Meal Two	3 Jacket Potato + beans & cheese and pepper crudites	3 Jacket Potato + Beans & Sausages	3 Jacket Potato with Cheese & Beans	3 Jacket Potato + Tuna Mayonnaise and Sweetcorn	3 Jacket Potato + Cheesy Coleslaw with Crunchy Salad
	Cold Meal	4 Cheese in Wholemeal Roll with Crudities	4 Egg Mayonnaise Wholemeal Roll Cucumber Sticks	4 Cheese & Tomato Flatbread crunchy vegetables	4 Ham & Salad in a Wholemeal Sub Roll	Lincolnshire Sausage Roll & Crunchy Salad
	Pudding	5 Fruit Salad & Ice- Cream 6 Fruit Yoghurt 7 Piece of Fruit	5 Muffin Cake 6 Yoghurt 7 Piece of Fruit	5 Chocolate Crunch Squares 6 Yoghurt 7 Piece of Fruit	5 Fruit Cookie 6 Yoghurt 7 Piece of Fruit	5 Choice of Fruit for Pudding A) Grapes B) Melon C) Banana D) Apple E) Orange F) Pear G) Plum
Week 6	Meal One	1 Chicken & Ham Pie served with Herby Diced Potatoes & Mixed Vegetables	1 Fish Cakes served with Mashed Potatoes & Vegetables	1 Pasta, Peas & Bacon Served with Crusty Bread	1 Roast Pork & Yorkshire Pudding, Apple Sauce, Roast Potatoes and Vegetables	1 Pork & Apple Burger in Bread Roll with Saute Potatoes & Sweetcorn
	Vegetarian Meal	2 Vegetable fingers with Chips & Peas	Vegetable Cakes served with Mashed Potatoes & Vegetables	2 Creamy Vegetable Pasta Bake Served with Crusty Bread	2 Quorn Fillets served as above	2 Quorn Vegetable Burger in a Bread Roll with Saute Potatoes and Sweetcorn
	Meal Two	3 Jacket Potato with Beans & Cheese	3 Jacket Potato with Mild Chilli & Cheese	3 Jacket Potato with BBQ Chicken and Crunchy Salad	3 Jacket Potato with Cheesy Coleslaw and Crudites	3 Jacket Potato with Beans & Cheese
	Cold Meal	4 Cream Cheese & Cucumber on a Wholemeal Roll	4 Cheese & Ham Wholemeal Sub with Pepper Crudites	4 Chicken & Cherry Tomato Wholemeal Sub Roll	4 Tuna & Cucumber 50/50 Sandwich	4 Egg Mayonnaise Baguette With Mixed Pepper Crudites
	Pudding	5 Strawberry Sponge served with Cream 6 Yoghurt 7 – Piece of Fruit	5 Oat 'n' Honey Cookie Slice 6 Yoghurt 7 – Piece of Fruit	5 Rainbow Cupcakes 6 Yoghurt 7 – Piece of Fruit	5 Vanilla Ice-Cream & Wafer 6 Yoghurt - 7 Piece of Fruit	5 Fruit Choice for Pudding as Week 1

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