

# PRIMARY SCHOOL MENU

## 2023-2024

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Hot Meal RED BAND</b>	Cheeseburger in a bun, potato wedges, vegetable sticks and salad	Macaroni cheese peas, cauliflower and garlic bread (v)	Chicken curry and rice a naan bread finger, sweetcorn and peas	Sausages* with gravy, mashed potato, carrots and broccoli	Fish and chips, salad and peas
<b>Hot Meal Vegetarian (v) / Vegan (ve) Alternative GREEN BAND</b>	Vegetable burger in a bun, potato wedges, vegetable sticks and salad (ve)	Tomato and pepper pasta, salad, carrot sticks and garlic bread (ve)	Vegetable curry and rice, a naan bread finger, sweetcorn and peas (v)	Veggie sausages and gravy, mashed potato, carrots and broccoli (ve)	Quorn dipper's and chips, salad and peas (v)
<b>Baked Potato with a choice of filling YELLOW BAND</b>	Baked potato, tuna mayonnaise or cheese (v), vegetable sticks and salad	Baked potato, baked beans (ve) or tuna mayonnaise, vegetable sticks and salad	Baked potato, tuna mayonnaise or cheese (v), vegetable sticks and salad	Baked potato, baked beans (ve) or tuna mayonnaise, vegetable sticks and salad	Baked potato, cheese (v) or tuna mayonnaise, vegetable sticks and salad
<b>Soup and a deli choice served with vegetable sticks BLUE BAND</b>	<b>Sandwich</b> Choice of ham or cheese, soup of the day and vegetable sticks	<b>Sandwich</b> Choice of chicken or cheese, soup of the day and vegetable sticks	<b>Soft Bap</b> Choice of cheese or tuna mayonnaise, soup of the day and vegetable sticks	<b>Sandwich</b> Choice of ham or cheese soup of the day and vegetable sticks	<b>Sandwich</b> Choice of chicken or cheese soup of the day and vegetable sticks
Choice of soup, home baking, fruit or yoghurt	Lentil soup (ve), Fruit or Yoghurt	Roasted sweet potato soup (ve), Home baking or fruit	Lentil soup (ve), Fruit, Yoghurt or Home baking	Vegetable soup (ve), Fruit or Yoghurt	Lentil soup (ve), Fruit or Yoghurt
Week Commencing: 14th Aug, 4th Sept, 25th Sept, 23rd Oct, 13th Nov, 4th Dec – 2024 8th Jan, 29th Jan, 19th Feb, 11th Mar, 15th Apr, 6th May, 27th May, 17th June. *Chicken link sausage All meals are served with milk or tap water and two portions of vegetables. Pupils can also select either soup, fruit, yoghurt or home baking, as indicated on the menu to accompany their meal.					

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Hot Meal RED BAND</b>	Pizza slices (2) salad and vegetable sticks (v)	Beef bolognaise pasta, green beans, mixed salad and garlic bread	Chicken Tandoori, a wholemeal pitta bread finger, potato wedges salad, vegetable sticks and dipping sauce	Roast beef served inside yorkshire pudding, gravy, mashed potato, broccoli and carrots	Fish and chips, sweetcorn and peas
<b>Hot Meal Vegetarian (v) / Vegan (ve) Alternative GREEN BAND</b>	Cheese toastie, baked beans and tomato wedges (v)	Pasta Arabiatta, garlic bread, green beans and salad (v)	Lentil Dahl, a wholemeal pitta bread finger, potato wedges, salad, vegetable sticks and dipping sauce (v)	Veggie meatballs served inside yorkshire pudding, gravy, mashed potato, broccoli and carrots	Quorn dipper's and chips, sweetcorn and peas
<b>Baked Potato with a choice of filling YELLOW BAND</b>	Baked potato, cheese or tuna mayonnaise, vegetable sticks and salad	Baked potato, baked beans (ve) or tuna mayonnaise, vegetable sticks and salad	Baked potato, tuna mayonnaise or cheese (v), vegetable sticks and salad	Baked potato, baked beans (ve) or tuna mayonnaise, vegetable sticks and salad	Baked potato, cheese or tuna mayonnaise, vegetable sticks and salad
<b>Soup and a deli choice served with vegetable sticks BLUE BAND</b>	<b>Sandwich</b> Choice of ham or cheese served with soup of the day and vegetable sticks	<b>Sandwich</b> Choice of chicken or cheese served with soup of the day and vegetable sticks	<b>Soft Bap</b> Choice of cheese or tuna mayonnaise served with soup of the day and vegetable sticks	<b>Sandwich</b> Choice of ham or cheese served with soup of the day and vegetable sticks	<b>Sandwich</b> Choice of chicken or cheese served with soup of the day and vegetable sticks
Choice of soup, home baking, fruit or yoghurt	Lentil soup (ve), Fruit or Yoghurt	Vegetable soup (ve), Fruit or Home baking	Minestrone soup (ve), Fruit or Yoghurt or Home baking	Vegetable soup (ve), Fruit or Ice cream	Lentil soup (ve), Fruit or Yoghurt
Week Commencing: 21st Aug, 11th Sept, 2nd Oct, 30th Oct, 20nd Nov, 11th Dec – 2024 15th Jan, 5th Feb, 26th Feb, 18th Mar, 22nd Apr, 13th May, 3rd June, 24th June. All meals are served with milk or tap water and two portions of vegetables. Pupils can also select either soup, fruit or home baking, as indicated on the menu to accompany their meal.					

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Hot Meal RED BAND</b>	Fish fingers*, mashed potatoes and baked beans	Beef lasagne, mixed salad, sweetcorn, and garlic bread	Chicken curry and rice, a naan bread finger, sweetcorn and peas	Steak pie, mashed potatoes, broccoli and carrots	Fish and chips, salad and peas
<b>Hot Meal Vegetarian (v) / Vegan (ve) Alternative GREEN BAND</b>	Fishless fingers, mashed potatoes and baked beans	Tomato pasta, mixed salad, sweetcorn, and garlic bread (v)	Vegetable curry and rice, a naan bread finger, sweetcorn and peas (v)	Veggie sausage roll, mashed potatoes, sweetcorn and peas (ve)	Quorn dipper's and chips, salad and peas (v)
<b>Baked Potato with a choice of filling YELLOW BAND</b>	Baked potato, cheese or tuna mayonnaise, vegetable sticks and salad	Baked potato, baked beans (ve) or tuna mayonnaise, vegetable sticks and salad	Baked potato, tuna mayonnaise or cheese (v) vegetable sticks and salad	Baked potato, baked beans (ve) or tuna mayonnaise, vegetable sticks and salad	Baked potato, cheese or tuna mayonnaise, vegetable sticks and salad
<b>Soup and a deli choice served with vegetable sticks BLUE BAND</b>	<b>Sandwich</b> Choice of ham or cheese served with soup of the day and vegetable sticks	<b>Sandwich</b> Choice of chicken or cheese served with soup of the day and vegetable sticks	<b>Soft Bap</b> Choice of cheese or tuna mayonnaise served with soup of the day and vegetable sticks	<b>Sandwich</b> Choice of ham or cheese served with soup of the day and vegetable sticks	<b>Sandwich</b> Choice of chicken or cheese served with soup of the day and vegetable sticks
Choice of soup, home baking, fruit or yoghurt	Lentil soup (ve), Fruit or Yoghurt	Lentil soup (ve), Fruit or Home baking	Vegetable soup (ve), Home baking, Fruit or Yoghurt	Vegetable soup (ve), Fruit or Home baking	Cream of Tomato soup (ve), Fruit or Yoghurt
Week Commencing: 28th Aug, 18th Sept, 9th Oct, 6th Nov, 27th Nov, 18th Dec – 2024 22nd Jan, 12th Feb, 4th Mar, 25th Mar, 29th Apr, 20th May, 10th June. *Salmon All meals are served with milk or tap water and two portions of vegetables. Pupils can also select either soup, fruit or home baking, as indicated on the menu to accompany their meal.					

- ✓ Our focus for this menu is to promote health using high quality ingredients and reducing our environmental impact.
- ✓ We are reducing the amount of single use plastic in our school meal service.
- ✓ All of our meat is sourced in the UK and meets a minimum of one the following accreditations of QMS, Red Tractor or RSPCA assured.
- ✓ All of our fish comes from MSC approved, sustainable sources.
- ✓ Why not check out what fresh produce is in season at your school lunch today?

