

## PRIMARY SCHOOLS FULL MENU

### WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>OPTION 1</b>	Beef Burger/ Cheese Burger	Bolognese*** and Garlic Bread	Chicken Korma*** with Naan Bread <i>or</i> Salmon Fish Fingers	Roast Sausage with Yorkshire Pudding	Fish Fingers
<b>OPTION 2</b>	Falafel Burger <sup>PB</sup> and Yoghurt and Mint Dressing	Veggie Bolognese*** and Garlic Bread <sup>PB</sup>	Vegetable Korma*** with Naan Bread <sup>PB</sup>	Quorn Sausages <sup>PB</sup> with Yorkshire Pudding	Glamorgan Sausage Hot Dog <sup>V</sup>
<b>AVAILABLE DAILY</b>	Filled Jacket Potato ( <sup>V/PB</sup> ) - Fillings include tuna mayo, cheese, beans or cheese and beans.				
<b>CARBOHYDRATE</b>	Herby Diced Potato New Potatoes	Pasta	Rice	Mashed Potato New Potatoes	Chips New Potatoes
<b>VEGETABLE OPTION</b>	Sweetcorn Peas Baked Beans Salad	Sweetcorn Salad Baked Beans	Sweetcorn Broccoli Baked Beans Salad	Sweetcorn Carrots Peas Baked Beans Salad	Sweetcorn Peas Baked Beans Salad
<b>DESSERT OPTIONS</b>	Fruit/Yoghurt/Cheese and Biscuits	Jelly and Ice Cream with Peach Slices	Fruit/Yoghurt/Cheese and Biscuits	Raspberry Ripple Ice Cream Roll with Mandarin Oranges	Fruit/Yoghurt/Cheese and Biscuits
Fresh fruit and low-fat yoghurts available every day					

V = Suitable for vegetarians

PB = Suitable for plant-based diets or can be made for a plant based diet

\*\*\*Can be offered as a choice with Jacket Potato

Please note: Where salmon fish fingers appear on the menu, they must be offered in order to comply with the oily fish requirement of the HEISW

**WEEK 2**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>OPTION 1</b>	Cheese and Tomato Pizza <sup>(V)</sup>	Pork Meatballs*** in a Tomato Sauce and Garlic Bread	Chicken Tikka Masala*** Curry and Naan Bread	Chicken Fillet with Gravy	Fish Bites
<b>OPTION 2</b>	Spicy Bean Casserole <sup>(PB)</sup>	Vegeballs*** in a Tomato Sauce and Garlic Bread <sup>(PB)</sup>	Four Cheese Tortellini in Tomato and Basil Sauce and Garlic Bread <sup>(V)</sup>	Quorn Fillet with Gravy <sup>(PB)</sup>	Glamorgan Sausage Hot Dog <sup>(V)</sup>
<b>AVAILABLE DAILY</b>	Filled Jacket Potato <sup>(V/PB)</sup> - Fillings include tuna mayo, cheese, beans or cheese and beans.				
<b>CARBOHYDRATE</b>	Rice Potato Wedges	Pasta	Rice	Roast Potatoes Mashed Potatoes	Chips New Potatoes
<b>VEGETABLE OPTION</b>	Sweetcorn Salad Baked Beans	Sweetcorn Carrots Peas Baked Beans Salad	Sweetcorn Baked Beans Salad	Sweetcorn Carrots Broccoli Baked Beans Salad	Sweetcorn Peas Baked Beans Salad
<b>DESSERT OPTIONS</b>	Fruit/Yoghurt/Cheese and Biscuits	Jelly and Ice Cream with Peach Slices	Fruit/Yoghurt/Cheese and Biscuits	Raspberry Ripple Ice Cream Roll with Mandarin Oranges	Fruit/Yoghurt/Cheese and Biscuits
	Fresh fruit and low-fat yoghurts available every day				

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