# 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)<br>A soft wrap filled with lightly spiced veggies and rice | Allegra`s Chicken Filo Pie with Creamy Mashed Potatoes (H)<br>Light filo pastry hearty chicken centre | Roast Chicken (H)<br>*with Roast Potatoes and Gravy*<br>Succulent roast chicken with fluffy roasties and tasty gravy | Pasta Bolognese ** (H)<br>A classic Italian beef Bolognese in a yummy tomato sauce<br>Wholemeal Pasta | Golden Fish Fingers<br>*and Chips*<br>Crispy Fish Fingers and scrummy chips |
| Alternative Dish | Cheese and Tomato Pizza **<br>*with Dough Balls* (V)<br>Cheesy Tomato Topped Pizza Slice | The Incredible Veggie Burger (V)<br>Vegetarian Burger served with Potato Wedges | Sweet Potato and Chickpea Roast<br>*with Roast Potatoes and Gravy* (V)<br>A chunky sweet potato and chickpea roast | Hotdog<br>*with Potato Wedges* (V)<br>Our favourite veggie hotdog served with ketchup in a soft sub roll | Quorn Dippers<br>*and Chips* (V)<br>Crispy Quorn Dippers with ketchup |
| Fish of the Day | | Jacket Potato with Salmon Mayonnaise *** | | | |
| Packed Lunch | Ham , Cheese , Tuna or a weekly Special Sandwich served with;<br>Veg Sticks, Fresh Fruit Pot ,Dessert of the Day | | | | |
| Jacket Potato | Jacket Potato With A Choice Of Fillings<br>Cheese, Beans or Tuna | | | | |
| Salad Bar | Tomato Pasta ** (V)<br>A delicious fresh, homemade tomato sauce with penne pasta<br>With<br>Lettuce, Cucumber , Tomatoes, Grated Carrots , Sweetcorn , Potato Salad | | | | |
| Vegetables | Green Beans<br>Sweetcorn | Peas<br>Broccoli | Carrots<br>Cabbage | Broccoli<br>Sweetcorn | Baked Beans<br>Peas |
| Desserts | Raspberry Ripple Ice Cream<br>Or<br>Fresh Fruit Pot | Secret Brownie<br>Or<br>Fresh Fruit Pot | Shortbread Biscuit served with fruit slices *<br>Or<br>Fresh Fruit Pot | Summer Berry & Peach Oaty Crumble*<br>*with Custard*<br>*Or*<br>*Fresh Fruit Pot* | Chocolate and Raspberry Swirl Cake<br>Or<br>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)<br>Wholemeal Penne pasta in a yummy tomato and Quorn sauce | Sausage and Mash with Gravy<br>Or<br>Chicken Sausages (H)<br>Traditional Pork or Chicken Sausage and Mash with rich Gravy | Roast Turkey (H) with Roast Potatoes and Gravy<br>Succulent roast turkey with fluffy roasties and tasty gravy | Traditional Cottage Pie (H)<br>A classic Cottage served with vegetables and gravy | Golden Fish Fingers *and Chips*<br>Crispy Fish Fingers and scrummy chips |
| Alternative Dish | Cheese and Tomato Pizza **<br>*with Dough Balls* (V)<br>Cheesy Tomato Topped Pizza Slice | Allegra`s Oodles of Noodles (V)<br>Veggie Noodles | Creamy Vegetable Pie with a Cheesy Shortcrust Topper (V)<br>Creamy vegetable pie served with cheesy shortcrust topper | Mild Chickpea & Potato Curry<br>*with* a *Rice side* **(V)<br>A tasty chick pea and potato masala curry | Tomato Veggie Burger (V)<br>A delicious homemade Veggie burger |
| Packed Lunch | Ham , Cheese , Tuna or a weekly Special Sandwich served with;<br>Veg Sticks, Fresh Fruit Pot ,Dessert of the Day | | | | |
| Jacket Potato | Jacket Potato With A Choice Of Fillings<br>Cheese , Beans or Tuna | | | | |
| Salad Bar | Tomato Pasta ** (V)<br>A delicious fresh, homemade tomato sauce with penne pasta<br>With<br>Lettuce, Cucumber , Tomatoes, Grated Carrots , Sweetcorn , Potato Salad | | | | |
| Vegetables | Carrot Sticks<br>Cucumber Sticks | Broccoli<br>Peas | Cabbage<br>Carrots | Sweetcorn<br>Broccoli | Peas<br>Baked Beans |
| Desserts | Flapjack *<br>With Fruit Slices<br>Or<br>Fresh Fruit Pot | Peach Shortbread Pudding with Custard * Or<br>Fresh Fruit Pot | Raspberry Yoghurt Cake<br>Or<br>Fresh Fruit Pot | Fruity Chocolate Brownie<br>Or<br>Fresh Fruit Pot | Vanilla Ice Cream<br>Or<br>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 Meal | Vegetarian Sausages with Mash potatoes and gravy (V)<br><br>Fluffy mash served veggie sausages and a rich gravy | Garlicky Chicken and Spanish Spuds (H)<br><br>Garlic seasoned chicken served with potatoes | Roast Beef (H)<br><br>Succulent roast beef with fluffy roasties and tasty gravy | Beef Burrito (H)<br><br>A soft wrap filled with fresh beef and rice | Southern Fried Chicken Tasters (H)<br><br>Lightly seasoned crispy chicken strips and scrummy chips |
| Alternative Hot Meal | Baked Macaroni (V)<br><br>Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce | Veggie Balls In Tomato Sauce** (V)<br><br>Herby vegetarian balls served in a rich tomato sauce with wholemeal pasta | Quorn Roast (V)<br><br>Succulent Quorn roast served in a rich gravy | Vegetable Lasagne Served with Bread Wedge ** (V)<br>Delicious sheets of pasta layered with vegetables and tomato sauce | Soft Taco *and Chips* (V)<br><br>A soft taco shell filled with a yummy veggie tomato chilli |
| Sandwich/Wrap | Ham , Cheese , Tuna or a weekly Special Sandwich served with;<br>Veg Sticks, Fresh Fruit Pot ,Dessert of the Day | | | | |
| Jacket Potato | Jacket Potato With A Choice Of Fillings<br>Cheese , Beans or Tuna | | | | |
| Salad Bar | Tomato Pasta ** (V)<br>A delicious fresh, homemade tomato sauce with penne pasta<br>With<br>Lettuce, Cucumber , Tomatoes, Grated Carrots , Sweetcorn , Potato Salad | | | | |
| Vegetables | Peas<br>Carrots | Broccoli<br>Sweetcorn | Carrots<br>Cabbage | Sweetcorn<br>Green Beans | Baked Beans<br>Peas |
| Dessert* | Oatie Biscuit *<br>With Fruit Slice<br>Or<br>Fresh Fruit Pot | Apple and Carrot Yoghurt Muffin*<br>Or<br>Fresh Fruit Pot | Strawberry Ice Cream<br>Or<br>Fresh Fruit Pot | Chocolate Slice *<br>Or<br>Fresh Fruit Pot | Crispy Snow Bar<br>Or<br>Fresh Fruit Pot |

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

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

# 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<br>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/Side | 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<br>Or<br>Chicken Mayonnaise | Ham | Ham |
| Sandwich Option 2 | Cheese | Cheese | Cheese | Cheese | Cheese<br>Or<br>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<br>or<br>Strawberry Yoghurt | Apple and Carrot Yogurt Muffin<br>or<br>Strawberry Yoghurt | Strawberry Ice Cream<br>Or<br>Strawberry Yoghurt | Chocolate Slice<br>or<br>Strawberry Yoghurt | Crispy Snow Bar<br>Or<br>Strawberry Yoghurt |
| Snacks | Bear Yo Yo | | | | |
| Drink | Fresh Water Available Daily | | | | |