

Pupil Name:

Class/Year:

| | MEAT FREE MONDAY | | ROAST DINNER WEDNESDAY | | FISHY FRIDAY |
|---------------|-----------------------------------|--------------------------------------|---|-----------------------------------|--------------------------------|
| Week 1 | | | | | |
| | Monday (v) | Tuesday | Wednesday | Thursday | Friday |
| Main | Hidden Vegetable Mac N Cheese | Morrocان Style Lamb | Roast Beef W/ Yorkshire pudding & Gravy | Mild Spiced Chicken Pittas | Battered Fish |
| 2nd (V) | Quorn Burger | Morrocان Style Vegetables | (V) Sausage Roll W/ Gravy | Jacket Potato with Cheese Filling | Cheese & Tomato Pizza Baguette |
| 3rd | Filled Sandwich/Wrap/ or Roll (V) | Jacket Potato with choice of Filling | Filled Sandwich/Wrap/ or Roll | Tuna and Sweetcorn Pasta | |
| Chosen Choice | | | | | |
| Sides | Broccoli | Couscous; Roasted Vegetables | New Potatoes; Carrot & Swede | Selection of Salad Sticks | Chips; Peas & Sweetcorn |
| Dessert | Winter Berries W/ Custard | Mixed Melon | Fruit Flapjack | Fruit Jelly | Fudge Yoghurt |

PRIMARY MENU

W/C Dates: 01/11/21, 22/11/21, 13/12/21, 03/01/22, 24/01/22, 07/03/22, 28/03/22

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| Week 2 | | | | | |
| | Monday (v) | Tuesday | Wednesday | Thursday | Friday |
| Main | Mexican Bean Chilli | BBQ Chicken Fillet Burger | Braised Pork W/ Apple | Beanie Cottage Pie with Cheesy Top | Battered Fish |
| 2nd (V) | Crispy Cheese & Vegetable Wraps | Frittata | Braised Quorn W/ Apple | Beanie Pie with Cheesy Top | Cheese & Tomato Pizza Baguette |
| 3rd | Filled Sandwich or Roll (V) | Jacket Potato with choice of Filling | Filled Sandwich/Wrap/ or Roll | Jacket Potato with choice of Filling | |
| Chosen Choice | | | | | |
| Sides | Brown Rice; Baby Corn | Sweet Potato & Carrots | Roast Potatoes; Cabbage & Parsnips | Crusty Bread; Beetroot & Green Beans | Chips; Peas & Sweetcorn |
| Dessert | Seasonal Fruit Selection | Cocoa & Orange Cake with Chocolate Custard | Oaty Crunch W/ Vanilla Yoghurt | Spiced Plum & Pear | Toffee Apple Rice Pudding |

W/C Dates: 08/11/21, 29/11/21, 20/12/21, 10/01/22, 31/01/22, 21/02/22, 14/03/22

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| Week 3 | | | | | |
| | Monday (v) | Tuesday | Wednesday | Thursday | Friday |
| Main | Sweet Potato and Mango Curry W/ Rice | Beef Burger | Roast Chicken W/ Stuffing & Gravy | Shredded Ham in Mexican Style Beans | Salmon Fish Fingers |
| 2nd (V) | Cheese & Garlic Pasta | Mozzarella, Tomato & Pepper topped Ciabatta | Quorn Sausage W/ Stuffing & Gravy | BBQ Beans | Cheese & Tomato Pizza Baguette |
| 3rd | Filled Sandwich/Wrap/ or Roll (V) | Jacket Potato with choice of Filling | Filled Sandwich/Wrap/ or Roll | Jacket Potato with choice of Filling | |
| Chosen Choice | | | | | |
| Sides | Roasted Cauliflower | Corn on the cob; Baked Beans | Mashed Potatoes; Carrots & Green Beans | Crusty Bread; Broccoli | Chips; Peas & Sweetcorn |
| Dessert | Pear & Sultana Crumble W/ Custard | Fruit Shortbread | Strawberry Ice-Cream | Peach & Mango Yoghurt | Banana & Ice-cream |

W/C Dates: 15/11/21, 06/12/21, 17/01/22, 07/02/22, 28/02/22, 21/03/22