

Primary Menu - Week 2

£2.43 - Starter, main choice or light option accompanied with carbohydrate and vegetables, water, milk or flavoured milk and dessert - pupils can have as much salad, bread and water as they want.

	Meat Free Monday	Slow Cook Tuesday	Home Grown Wednesday	Around the World Thursday	Fishing Friday
Starters	Lentil soup or yoghurt	Butternut soup or yoghurt	Chicken noodle soup or yoghurt	Minestrone soup or yoghurt	Lentil soup or yoghurt
Main	Pasta Neapolitan	Chicken and vegetable casserole	Minced beef in gravy	Chicken curry	Gluten Free Fish finger wrap
Main Option Vegetarian	Omelette Tray Bake	Cheese pizza	Quorn fillet with sage and onion stuffing	Quorn one pot vegetable rice bowl	Vegetable finger wrap
Main Option Gluten Free	Pasta Neapolitan (gluten free pasta)	Chicken and vegetable casserole	Minced beef in gravy	Chicken curry	Omelette Tray Brake
Lighter Option	Baked potato with choice of topping Sandwich of choice	Sandwich of choice	Sandwich of choice	Baked potato with choice of topping Sandwich of choice	Sandwich of choice
Carbohydrate/ Vegetable	Pasta	Savoury rice	Roast potatoes	Rice	Fries
	Broccoli florets	Sweetcorn and swede	Carrots and peas	Green beans	Peas and beans
Salad	Green garden salad	Green garden salad	Green garden salad	Green garden salad	Green garden salad
Breads	Baked rolls and bread	Baked rolls and bread	Baked rolls and bread	Baked rolls and bread	Baked rolls and bread
Desserts	Fruit and pop oats	Fruit	Fruit and pop oats	Fruit	Fruit and jelly