

Primary Menu - Week 3

£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	Potato and leek soup or yoghurt	Lentil soup or yoghurt	Chicken and rice soup or yoghurt	Tomato soup or yoghurt	Lentil soup or yoghurt
Main	Macaroni cheese	Beef bolognese	Chicken and leek pie	Cheeseburger	Breaded haddock fillet
Main Option Vegetarian	Rainbow noodle stir fry	Baked Potato with Choice of Topping	Cheese pizza	Quorn Dipper Wrap	Vegan Sausage roll
Main Option Gluten Free	Macaroni cheese with gluten free pasta	Beef bolognese with gluten free pasta	Chicken and leek pie (no pastry lid)	Cheeseburger in gluten free roll	Bubble fish fillet
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	Garlic bread	Pasta, garlic bread	Cubed potatoes	Vegetable sticks -carrot/pepper/cucumber	Chips
	Pepper and cucumber sticks	Broccoli and peppers	Steamed carrot and peas	Corn on the cob, sliced peppers and Slaw	Reduced salt and sugar beans or peas
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