

PRIMARY AND SPECIAL SCHOOLS MENU SEPTEMBER 2016 – July 2017

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Golden baked fishcake Savoury mince cobbler Mixed bean fajita	Top crust steak pie Turkey burger in a bun Vegetable nuggets with spicy dip	Chunky chicken curry Sliced cold gammon with pease pudding Omelette Free range egg	Assorted topped pizza Minced beef and Yorkshire pudding Vegetable risotto	Pasta bolognaise Chicken pie Red lentil and sweet potato curry
POTATOES/RICE/PASTA	Chips Steamed new potatoes	Mashed potato Herb diced potatoes	Parsley potatoes Sunshine rice	Creamed potatoes Spicy potato wedges	Oven roast potatoes Fluffy white rice/pasta
VEGETABLES	Marrowfat peas Vegetable medley	Creamed swede and carrot Baked beans	Garden peas Oven roast vegetables	Crunchy green beans Baton carrots	Sweetcorn Cauliflower/Broccoli
DESSERTS	Baked chocolate cake with chocolate sauce Neapolitan angel whirl	Rice pudding with fruit puree Tutti frutti sponge slice with milk drink	Iced orange and carrot cake with milk drink Strawberry sundae	Pear and apple crumble and custard Ice cream and fruit	Assorted favourite tray bakes Sticky fruit swirls

PRIMARY MENU – SEPTEMBER 2016 – July 2017

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE Meat free	Crispy cod fillet goujons	Special curry of the Day	Roast turkey with Yorkshire pudding	Minced beef with herb topped muffin	Steak pie
	Italian style chicken	Cottage pie	Spaghetti carbonara	Chefs special pizza	Breaded chicken fillet
	Quorn bolognese	Vegetable fingers with spicy mayo dip	Crunchy vegetable and Quorn burrito	Mixed vegetable and bean curry	Crunchy topped macaroni cheese
POTATOES/RICE/ PASTA	Oven roast potatoes Savoury pasta	Steamed parsley potatoes Fluffy white rice	Creamed potato Herb diced potatoes	Oven roast potatoes Sunshine rice	Creamed potatoes Oven baked potato wedges
VEGETABLES	Cauliflower florets Baton carrots	Baked beans Mixed vegetables	Sliced carrots Seasonal cabbage	Garden peas Creamed swede	Golden sweetcorn Broccoli florets
DESSERTS	Chocolate brownies (new recipe-vegan) Apple and raspberry flapjack crumble with custard	Steamed syrup sponge and custard Fruity delight	Chocolate crispie cake Rice pudding with apple puree	Oaty banana muffin and milk drink Chocolate semolina with mandarin oranges	Jam slice with custard Iced toffee yoghurt

Primary Menu – September 2016 – July 2017

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Freshly baked pizza	Roast beef and Yorkshire pudding	Chefs special chicken curry	Battered cod fillet NEW	Minced beef and dumpling
	Chicken fillet Kiev style	Tuna pasta	Pulled beef in BBQ sauce wrap	Cottage pie	Sausage in a bun
Meat free	Quorn meatballs in pomedora sauce	Veg and bean chow mein	Cheese pasta bake	Quorn burger in a bun	Cheese flan
POTATOES/RICE/PASTA	Diced roast potatoes Savoury noodles	Oven roast potatoes Creamed potatoes	Potato wedges Fluffy white rice	Oven baked chips Parsley new potatoes	Creamed potato Oven roast potatoes
VEGETABLES	Golden sweetcorn Broccoli florets	Baton carrots Seasonal cabbage	Crunchy green beans Cauliflower	Mushy peas Sliced carrots	Broccoli Baked beans
DESSERTS	Steamed damp ginger and custard	Crunchy oat and sultana cookie	Ice cream sponge with peaches	Orange sponge with chocolate custard	Angel whirl
	Iced raspberry ripple	Lemon crumble cake with custard	Creamy custard rice	Fruit jelly	Marble sponge cake and custard

PRIMARY MENU – SEPTEMBER 2016 – July 2017

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Beef bolognaise and garlic bread Salmon fish fingers Cheese and bean wrap	Cheese and tomato pizza Organic pork meatballs in Mediterranean sauce Quorn sausage toad in the hole	Minced beef pie Hunter's chicken Cheese pasta bake	Roast beef and Yorkshire pudding Chicken burrito Vegetable trio tart	Mild chicken curry Tempura battered fish goujons Vegetable ravioli
Meat free					
POTATOES/RICE/PASTA	Rosemary parmentier potatoes Spaghetti	Creamed potatoes Spicy potato wedges	Oven roast potatoes Baby boiled potatoes	Herb diced potatoes Mashed potatoes	Potato wedges Sunshine rice
VEGETABLES	Baton carrots Marrowfat peas	Cauliflower florets Baked beans	Creamed swede Sliced carrots	Broccoli Oven roast vegetables	Golden sweetcorn Mushy peas
DESSERTS	Pancake with assorted toppings Golden cornflake tray bake	Jam roly poly and custard Ice-cream and fruit	Chocolate honeycombed crunch cake Rice pudding and fruit compote	Mixed fruit crumble with custard Fruit jelly	Fruity oaty flapjack with milk drink Devon split