

Primary School Menu - Autumn 2018

Week 1 20/08/18, 17/09/18, 22/10/18, 19/11/2018, 17/12/2018						Regen
	MON	TUE	WED	THUR	FRI	
Main Option 1 (Soup & Sandwich)	Chicken Noodle Soup	Tomato Soup	Vegetable Soup	Lentil Soup		
	Sandwiches Ham Egg Tuna Cheese	Sandwiches Ham Egg Tuna Cheese	Sandwiches Ham Egg Tuna Cheese	Sandwiches Ham Egg Tuna Cheese	Sandwiches Ham Egg Tuna Cheese	
Main Option 2	Salmon fish fingers with potato smiles and peas	Mince and tatties Fresh vegetables	Roast turkey in gravy with roast potatoes Fresh vegetables	Spaghetti bolognaise Mixed salad	Sausage in a roll Side of fruit/veg	
	Falafel with savoury rice and roasted vegetables	Tomato pasta with garlic bread Mixed salad	Jacket potato with cheese or tuna and sweetcorn Mixed salad	Omelette with baked beans and chips	Vegetable sausage in a Roll Side of Fruit/Veg	
Dessert	Yoghurt or Choice of Fresh Fruit or Cheese, crackers and grapes	Yoghurt or Choice of Fresh Fruit or Fruity Tuesday	Yoghurt or Choice of Fresh Fruit or Warm brownie served with custard	Yoghurt or Choice of Fresh Fruit or Mandarins with ice cream	Yoghurt or Choice of Fresh Fruit or Autumn muffin	
	PACKED LUNCH					
This includes a sandwich, a drink, a piece of fruit and vegetable sticks. On Mondays, Wednesdays and Fridays there will be an option of yoghurt or tray bake. On Tuesdays and Thursdays it will be yoghurt only.						

Week 2 27/08/18, 24/09/18, 29/10/18, 26/11/2018

Regen

	MON	TUE	WED	THUR	FRI
Main Option 1 (Soup & Sandwich)	Chicken Noodle Soup	Tomato Soup	Vegetable Soup	Lentil Soup	
	Sandwiches Ham Egg Tuna Cheese	Sandwiches Ham Egg Tuna Cheese	Sandwiches Ham Egg Tuna Cheese	Sandwiches Ham Egg Tuna Cheese	Sandwiches Ham Egg Tuna Cheese
Main Option 2	Sweet chilli chicken fillet with potato wedges	Beef tacos with tomato salad	Haggis, neeps and tatties	Chicken enchiladas	Chicken goujons in a wrap
	Fresh vegetables			Fresh vegetables	Side of fruit/veg
Main Option 3 (M)	Macaroni cheese with Garlic bread	Cheese and tomato pizza with potato smiles	Jacket potato with baked beans or tuna and sweetcorn	Vegetarian sausages with mashed potatoes	Quorn dippers in a wrap
	Fresh vegetables	Vegetable sticks	Mixed salad	Fresh vegetables	Side of fruit/veg
Dessert	Yoghurt or Choice of Fresh Fruit or Oat biscuit	Yoghurt or Choice of Fresh Fruit or Fruity Tuesday	Yoghurt or Choice of Fresh Fruit or Apple crumble with custard	Yoghurt or Choice of Fresh Fruit or Mini shortbread with a fruit wedge	Yoghurt or Choice of Fresh Fruit or Chocolate crispie cake

PACKED LUNCH

This includes a sandwich, a drink, a piece of fruit and vegetable sticks. On Mondays, Wednesdays and Fridays there will be an option of yoghurt or tray bake. On Tuesdays and Thursdays it will be yoghurt only.

Week 3 3/09/18, 1/10/2018, 5/11/18, 3/12/2018

Regen

	MON	TUE	WED	THUR	FRI
Main Option 1 (Soup & Sandwich)	Chicken Noodle Soup	Tomato Soup	Vegetable Soup	Lentil Soup	
	Sandwiches Ham Egg Tuna Cheese	Sandwiches Ham Egg Tuna Cheese	Sandwiches Ham Egg Tuna Cheese	Sandwiches Ham Egg Tuna Cheese	Sandwiches Ham Egg Tuna Cheese
Main Option 2	Salmon goujons with chips and peas	Chicken korma with rice and naan bread Mixed Salad	Roast beef with Yorkshire pudding and mashed potatoes Fresh vegetables	Cajun chicken pasta with garlic bread Mixed salad	Grilled chicken in a bun Side of fruit/veg
	Quorn dippers with chips and peas	Jacket potato with baked beans and cheese Mixed salad	Pasta Roma with garlic bread Mixed salad	Cheese and tomato pizza with rainbow pasta salad	Vegetarian burger in a roll Side of fruit/veg
Main Option 3 (M)					
	Yoghurt or Choice of Fresh Fruit or Crispie cake	Yoghurt or Choice of Fresh Fruit or Fruity Tuesday	Yoghurt or Choice of Fresh Fruit or Banana and pineapple cake	Yoghurt or Choice of Fresh Fruit or Eton mess	Yoghurt or Choice of Fresh Fruit or Brownie

PACKED LUNCH

This includes a sandwich, a drink, a piece of fruit and vegetable sticks. On Mondays, Wednesdays and Fridays there will be an option of yoghurt or tray bake. On Tuesdays and Thursdays it will be yoghurt only.

Week 4 10/09/18, 15/10/18, 12/11/2018, 10/12/2018

Regen

	MON	TUE	WED	THUR	FRI
Main Option 1 (Soup & Sandwich)	Chicken Noodle Soup	Tomato Soup	Vegetable Soup	Lentil Soup	
	Sandwiches Ham Egg Tuna Cheese	Sandwiches Ham Egg Tuna Cheese	Sandwiches Ham Egg Tuna Cheese	Sandwiches Ham Egg Tuna Cheese	Sandwiches Ham Egg Tuna Cheese
Main Option 2	Fish and chips with peas	Buttermilk southern chicken breast with mashed potatoes Fresh vegetables	Steak pie with roast potatoes Fresh vegetables	Chicken hot pot Fresh vegetables	Beef burger in a bun Side of fruit/veg
	Quorn korma with rice and naan bread Mixed salad	Macaroni cheese with garlic bread Fresh vegetables	Omelette with potato smiles Mixed salad	Jacket potato with baked beans and cheese Mixed salad	Quorn burger in a bun Side of fruit/veg
Main Option 3 (M)	Yoghurt or Choice of Fresh Fruit or Cheese, crackers and grapes	Yoghurt or Choice of Fresh Fruit or Fruity Tuesday	Yoghurt or Choice of Fresh Fruit or Chocolate muffin	Yoghurt or Choice of Fresh Fruit or Fruit salad with frozen yoghurt	Yoghurt or Choice of Fresh Fruit or Flapjack

PACKED LUNCH

This includes a sandwich, a drink, a piece of fruit and vegetable sticks. On Mondays, Wednesdays and Fridays there will be an option of yoghurt or tray bake. On Tuesdays and Thursdays it will be yoghurt only.