

Primary School Autumn Winter 2021 Lunch

Week 1 – 30/8, 20/9, 11/10, 1/11, 22/11, 13/12, 3/1, 24/1, 14/2, 7/3, 28/3

Week 2 – 6/9, 27/9, 18/10, 8/11, 29/11, 20/12, 10/1, 31/1, 21/2, 14/3, 4/4

Week 3 – 13/9, 4/10, 25/10, 15/11, 6/12, 27/12, 17/1, 7/2, 28/2, 21/3



Autumn/ Winter Lunch Menu 2021 Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Burrito (V) A soft wrap filled with lightly spiced veggies and rice	Allegra`s Chicken Filo Pie with Creamy Mashed Potatoes (H) Light filo pastry hearty chicken centre	Roast Chicken (H) with Roast Potatoes and Gravy Succulent roast chicken with fluffy roasties and tasty gravy	Pasta Bolognese ** (H) A classic Italian beef Bolognese in a yummy tomato sauce Wholemeal Pasta	Golden Fish Fingers and Chips Crispy Fish Fingers and scrummy chips
Alternative Dish	Cheese and Tomato Pizza ** with Dough Balls (V) Cheesy Tomato Topped Pizza Slice	The Incredible Veggie Burger (V) Vegetarian Burger served with Potato Wedges	Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy (V) A chunky sweet potato and chickpea roast	Hotdog with Potato Wedges (V) Our favourite veggie hotdog served with ketchup in a soft sub roll	Quorn Dippers and Chips (V) Crispy Quorn Dippers with ketchup
Third Choice		Jacket Potato with Salmon Mayonnaise ***			
Packed Lunch	Ham , Cheese , Tuna or a weekly Special Sandwich served with; Veg Sticks, Fresh Fruit Pot ,Dessert of the Day				
Jacket Potato	Jacket Potato With A Choice Of Fillings Cheese, Beans or Tuna				
Salad Bar	Tomato Pasta ** (V) A delicious fresh, homemade tomato sauce with penne pasta With Lettuce, Cucumber , Tomatoes, Grated Carrots , Sweetcorn , Potato Salad				
Vegetables	Green Beans Sweetcorn	Peas Broccoli	Carrots Cabbage	Broccoli Sweetcorn	Baked Beans Peas
Desserts	Raspberry Ripple Ice Cream Or Fresh Fruit Pot	Secret Brownie Or Fresh Fruit Pot	Shortbread Biscuit served with fruit slices * Or Fresh Fruit Pot	Summer Berry & Peach Oaty Crumble* with Custard Or Fresh Fruit Pot	Chocolate and Raspberry Swirl Cake Or Fresh Fruit Pot

Cool Water, Fresh Fruit, Freshly Baked Bread , Fruit Yoghurt, Salad Bar available daily

*Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian (H) Halal



Autumn/ Winter Lunch Menu 2021 Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Veggie Bolognese (V) Wholemeal Penne pasta in a yummy tomato and Quorn sauce	Sausage and Mash with Gravy Or Chicken Sausages (H) Traditional Pork or Chicken Sausage and Mash with rich Gravy	Roast Turkey (H) with Roast Potatoes and Gravy Succulent roast chicken with fluffy roasties and tasty gravy	Traditional Cottage Pie (H) A classic Cottage served with vegetables and gravy	Golden Fish Fingers and Chips Crispy Fish Fingers and scrummy chips
Alternative Dish	Cheese and Tomato Pizza ** with Dough Balls (V) Cheesy Tomato Topped Pizza Slice	Allegra`s Oodles of Noodles (V) Veggie Noodles	Creamy Vegetable Pie with a Cheesy Shortcrust Topper (V) Creamy vegetable pie served with cheesy shortcrust topper	Mild Chickpea & Potato Curry with a Rice side ** (V) A tasty chick pea and potato masala curry	Tomato Veggie Burger (V) A delicious homemade Veggie burger
Packed Lunch	Ham , Cheese , Tuna or a weekly Special Sandwich served with; Veg Sticks, Fresh Fruit Pot ,Dessert of the Day				
Jacket Potato	Jacket Potato With A Choice Of Fillings Cheese , Beans or Tuna				
Salad Bar	Tomato Pasta ** (V) A delicious fresh, homemade tomato sauce with penne pasta With Lettuce, Cucumber , Tomatoes, Grated Carrots , Sweetcorn , Potato Salad				
Vegetables	Carrot Sticks Cucumber Sticks	Broccoli Peas	Cabbage Carrots	Sweetcorn Broccoli	Peas Baked Beans
Desserts	Flapjack * With Fruit Slices Or Fresh Fruit Pot	Peach Shortbread Pudding with Custard * Or Fresh Fruit Pot	Raspberry Yoghurt Cake Or Fresh Fruit Pot	Fruit Chocolate Brownie Or Fresh Fruit Pot	Vanilla Ice Cream Or Fresh Fruit Pot

Cool Water, Fresh Fruit, Freshly Baked Bread , Fruit Yoghurt, Salad Bar Available Daily

*Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian (H) Halal



Autumn /Winter 2021 Lunch Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Vegetarian Sausages with Mash potatoes and gravy (V) Fluffy mash served veggie sausages and a rich gravy	Garlicky Chicken and Spanish Spuds (H) Garlic seasoned chicken served with potatoes	Roast Beef (H) Succulent roast beef with fluffy roasties and tasty gravy	Beef Burrito (H) A soft wrap filled with fresh beef and rice	Southern Fried Chicken Tasters (H) Lightly seasoned crispy chicken strips and scrummy chips
Alternative Dish	Baked Macaroni (V) Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce	Veggie Balls In Tomato Sauce** (V) Herby vegetarian balls served in a rich tomato sauce with wholemeal pasta	Quorn Roast (V) Succulent Quorn roast served in a rich gravy	Vegetable Lasagne Served with Bread Wedge ** (V) Delicious sheets of pasta layered with vegetables and tomato sauce	Soft Taco and Chips (V) A soft taco shell filled with a yummy veggie tomato chilli
Packed Lunch	Ham , Cheese , Tuna or a weekly Special Sandwich served with; Veg Sticks, Fresh Fruit Pot ,Dessert of the Day				
Jacket Potato	Jacket Potato With A Choice Of Fillings Cheese , Beans or Tuna				
Salad Bar	Tomato Pasta ** (V) A delicious fresh, homemade tomato sauce with penne pasta With Lettuce, Cucumber , Tomatoes, Grated Carrots , Sweetcorn , Potato Salad				
Vegetables	Peas Carrots	Broccoli Sweetcorn	Carrots Cabbage	Sweetcorn Green Beans	Baked Beans Peas
Desserts	Oatie Biscuit * With Fruit Slice Or Fresh Fruit Pot	Apple and Carrot Yoghurt Muffin* Or Fresh Fruit Pot	Strawberry Ice Cream Or Fresh Fruit Pot	Chocolate Slice * Or Fresh Fruit Pot	Crispy Snow Bar Or Fresh Fruit Pot

Cool Water, Fresh Fruit, Freshly Baked Bread , Salad Bar Available Daily

*Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian (H) Halal



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Packed Lunch Menu Eat In

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Autumn /Winter Packed Lunch Menu 2021

Eat In Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Sandwich Option 1	Ham	Ham	Ham or Chicken Mayonnaise	Ham	Ham
Sandwich Option 2	Cheese	Cheese	Cheese	Cheese	Cheese Or Laughing Cow Cheese & Cucumber
Sandwich Option 3	Tuna	Tuna	Tuna	Tuna	Tuna
Salad Bar	Carrot Batons, Cucumber Sticks or Tomatoes				
Fruit	Fresh Fruit Salad Pot				
Dessert	Raspberry Ripple Ice Cream or Strawberry Yoghurt	Secret Brownie or Strawberry Yoghurt	Shortbread Biscuit Served with Fruit Slices or Strawberry Yoghurt	Berry & Peach Oaty Crumble Served with Custard or Strawberry Yoghurt	Chocolate and Raspberry Swirl Cake or Strawberry Yoghurt
nacks	Bear Yo Yo Fresh Water Available Daily				



Autumn /Winter Packed Lunch Menu 2021

Eat In Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Sandwich Option 1	Ham	Ham	Ham Or Chicken Mayonnaise	Ham	Ham
Sandwich Option 2	Cheese	Cheese	Cheese	Cheese	Cheese Or Laughing Cow Cheese & Cucumber
Sandwich Option 3	Tuna	Tuna	Tuna	Tuna	Tuna
Salad Bar	Carrot Batons, Cucumber Sticks or Tomatoes				
Fruit	Fresh Fruit Salad Pot				
Dessert	Flapjack With Fruit Slices or Strawberry Yoghurt	Peach Shortbread Pudding with Custard or Strawberry Yoghurt	Raspberry Yoghurt Cake Or Strawberry Yoghurt	Fruity Chocolate Brownie Or Strawberry Yoghurt	Vanilla Ice Cream Or Strawberry Yoghurt
Snacks	Bear Yo Yo				
Drink	Fresh Water Available Daily				



Autumn /Winter Packed Lunch Menu 2021

Eat In Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Sandwich Option 1	Ham	Ham	Ham Or Chicken Mayonnaise	Ham	Ham
Sandwich Option 2	Cheese	Cheese	Cheese	Cheese	Cheese Or Laughing Cow Cheese & Cucumber
Sandwich Option 3	Tuna	Tuna	Tuna	Tuna	Tuna
Salad Bar	Carrot Batons, Cucumber Sticks or Tomatoes				
Fruit	Fresh Fruit Salad Pot				
Dessert	Oatie Biscuit and Fruit Slices or Strawberry Yoghurt	Apple and Carrot Yogurt Muffin or Strawberry Yoghurt	Strawberry Ice Cream Or Strawberry Yoghurt	Chocolate Slice or Strawberry Yoghurt	Crispy Snow Bar Or Strawberry Yoghurt
Snacks	Bear Yo Yo				
Drink	Fresh Water Available Daily				



Primary School Autumn Winter 2021

Packed Lunch Menu Eat Out

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Autumn /Winter Packed Lunch Menu 2021

Eat Out Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Sandwich Option 1	Ham	Ham	Ham Or Chicken Mayonnaise	Ham	Ham
Sandwich Option 2	Cheese	Cheese	Cheese	Cheese	Cheese Or Laughing Cow Cheese & Cucumber
Sandwich Option 3	Tuna	Tuna	Tuna	Tuna	Tuna
Fruit	Orange, Apple or Banana				
Dessert	Yoghurt Frube	Banana Malt Loaf	Yoghurt Frube	Banana Malt Loaf	Yoghurt Frube
Snacks	Bear Yo Yo				
Drink	Bottled Water				



Autumn /Winter Packed Lunch Menu 2021

Eat Out Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Sandwich Option 1	Ham	Ham	Ham Or Chicken Mayonnaise	Ham	Ham
Sandwich Option 2	Cheese	Cheese	Cheese	Cheese	Cheese Or Laughing Cow Cheese & Cucumber
Sandwich Option 3	Tuna	Tuna	Tuna	Tuna	Tuna
Fruit	Apple, Orange or a Banana				
Dessert	Banana Malt Cake	Yoghurt Frube	Banana Malt Cake	Yoghurt Frube	Banana Malt Cake
Snacks	Bear Yo Yo				
Drink	Bottled Water				



Autumn /Winter Packed Lunch Menu 2021

Eat Out Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Sandwich Option 1	Ham	Ham	Ham Or Chicken Mayonnaise	Ham	Ham
Sandwich Option 2	Cheese	Cheese	Cheese	Cheese	Cheese Or Laughing Cow Cheese & Cucumber
Sandwich Option 3	Tuna	Tuna	Tuna	Tuna	Tuna
Fruit	Apple , Orange or Banana				
Dessert	Yoghurt Frube	Banana Malt Cake	Yoghurt Frube	Banana Malt Cake	Yoghurt Frube
Snacks	Bear Yo Yo				
Drink	Bottled Water				

