

1st Sept, 21st Sept, 12th Oct, 2nd Nov, 14th Dec, 4th Jan, 25th Jan

7th Sept, 28th Sept, 19th Oct, 9th Nov, 30th Nov, 21st Dec, 11th Jan, 1st Feb

14th Sept, 5th Oct, 26th Oct, 16th Nov, 7th Dec, 28th Dec, 18th Jan, 8th Feb

Week 1

MEAT OPTION

Monday

British Red Tractor Chicken Pot Pie
GL

VEGETARIAN OPTION

Macaroni & Cauliflower Cheese, Topped with Rosemary Bread Crumbs
GL - DA - SO - SE

JACKET POTATO OPTION

Jacket Potato With Cheese or Beans
DA

SANDWICH OPTION

Egg Mayonnaise, Cheese or Tuna Mayonnaise
GL - DA - FI - EG - SO - SE

VEGETABLES

Carrots & Garden Peas

DESSERT

Fruit Yoghurt
DA

Tuesday

Organic Chicken Meatballs & Wholegrain Rice with Pantry Tomato Sauce
GL - SO - SU

Chickpea, Sweet Potato & Vegetable Curry with Wholegrain Rice
DA

Jacket Potato With Tuna Mayonnaise or Beans
FI - EG

Egg Mayonnaise, Cheese or Tuna Mayonnaise
GL - DA - FI - EG - SO - SE

Sweetcorn & Broccoli Florets

Chocolate & Beetroot Cake
GL - DA - EG - SO

Wednesday

British Red Tractor Roasted Lemon & Thyme Chicken Breast with Roast Potatoes & Gravy
SU - CE

Hand Made Vegetarian Plait with Roast Potatoes & Gravy
GL - CE - SU

Jacket Potato With Cheese or Beans
DA

Egg Mayonnaise, Cheese or Tuna Mayonnaise
GL - DA - FI - EG - SO - SE

Parsnips, Garden Peas & Carrots

Fruity Flapjack
GL - DA - SO - EG

Thursday

British Red Tractor Beef Cottage Pie with Vegetables Topped with Sweet Potato
GL - SU - CE

Hand Stretched Margherita Pizza with Pantry Slaw
GL - DA

Jacket Potato With Tuna Mayonnaise or Beans
FI - EG

Egg Mayonnaise, Cheese or Tuna Mayonnaise
GL - DA - FI - EG - SO - SE

Mixed Vegetables

Iced Carrot Cake
GL - DA - EG - SO

Friday

MSC Fish Fingers & Wedges
GL - FI



Mixed Peppers & Vegetable Potato Skins
DA

Jacket Potato With Cheese or Beans
DA

Egg Mayonnaise, Cheese or Tuna Mayonnaise
GL - DA - FI - EG - SO - SE

Carrots & Garden Peas/ Baked Beans

Fresh Fruit Salad

Week 2

MEAT OPTION

Monday

British Red Tractor Chicken & Sweetcorn Pasta Bake in a Cauliflower White Sauce
GL - DA

VEGETARIAN OPTION

Vegetarian Tikka with Wholegrain Rice
DA

JACKET POTATO OPTION

Jacket Potato With Cheese or Beans
DA

SANDWICH OPTION

Egg Mayonnaise, Cheese or Tuna Mayonnaise
GL - DA - FI - EG - SO - SE

VEGETABLES

Carrots & Broccoli Florets

DESSERT

Ice Cream
DA

Tuesday

British Red Tractor Beef Chilli Con Carne with Whole Grain Rice (non spicy)
GL - CE

Spanish Omelette Filled With Sweet Peppers
DA - EG

Jacket Potato With Tuna Mayonnaise or Beans
FI - EG

Egg Mayonnaise, Cheese or Tuna Mayonnaise
GL - DA - FI - EG - SO - SE

Sweetcorn & Cauliflower Florets

Blueberry Cake
GL - DA - EG - SO

Wednesday

British Red Tractor Honey Glazed Turkey with Roast Potatoes & Gravy
CE - SU

Vegetable Sausage With Roast Potatoes & Gravy
GL - CE - SU

Jacket Potato With Cheese or Beans
DA

Egg Mayonnaise, Cheese or Tuna Mayonnaise
GL - DA - FI - EG - SO - SE

Mixed Vegetables

Oaty Apple Crumble with Hidden Custard
GL - DA - SO

Thursday

British Red Tractor Beef Pasta Bolognese Bake
GL - SU - CE

Roast Vegetable Hot Pot with Gravy
SU - CE

Jacket Potato With Tuna Mayonnaise or Beans
FI - EG

Egg Mayonnaise, Cheese or Tuna Mayonnaise
GL - DA - FI - EG - SO - SE

Carrots & Garden Peas

Upside Down Pineapple Cake
GL - DA - EG - SO

Friday

Harry Ramsden Fish Fillet With Chips
GL - FI



Layered Vegetable Lasagne
GL - DA

Jacket Potato With Cheese or Beans
DA

Egg Mayonnaise, Cheese or Tuna Mayonnaise
GL - DA - FI - EG - SO - SE

Carrots & Garden Peas/ Baked Beans

Fruit Wedges

Week 3

MEAT OPTION

Monday

Chicken Sausage with Mash Potato & Gravy
DA - GL - SU

VEGETARIAN OPTION

Vegetable Sausage with Mash Potato & Gravy
GL - CE - DA

JACKET POTATO OPTION

Jacket Potato With Cheese or Beans
DA

SANDWICH OPTION

Egg Mayonnaise, Cheese or Tuna Mayonnaise
GL - DA - FI - EG - SO - SE

VEGETABLES

Carrots & Garden Peas

DESSERT

Fruit Yoghurt
DA

Tuesday

MSC Creamy Fish Pie Topped with Mashed Potato
GL - DA - FI

Vegetable Spaghetti in Pantry Tomato Sauce
GL

Jacket Potato With Tuna Mayonnaise or Beans
FI - EG

Egg Mayonnaise, Cheese or Tuna Mayonnaise
GL - DA - FI - EG - SO - SE

Sweetcorn & Broccoli Florets

Oaty Pear Crumble with Hidden Custard
GL - DA - SO

Wednesday

British Red Tractor Roast Chicken With Roast Potatoes & Gravy
CE - SU

Hand Made Vegetarian Wellington with Roast Potatoes
GL - SU - CE

Jacket Potato With Cheese or Beans
DA

Egg Mayonnaise, Cheese or Tuna Mayonnaise
GL - DA - FI - EG - SO - SE

Carrots & Shredded Cabbage

Strawberry Jelly

Thursday

British Red Tractor Traditional Beef & Roasted Vegetable Lasagne
DA - GL

Hand Stretched Margherita Pizza with Pantry Slaw
GL - DA

Jacket Potato With Tuna Mayonnaise or Beans
FI - EG

Egg Mayonnaise, Cheese or Tuna Mayonnaise
GL - DA - FI - EG - SO - SE

Mixed Vegetables

Lemon & Lime Drizzle Cake
GL - DA - EG - SO

Friday

MSC Fish Fingers Wrap with Wedges
GL - FI



Veggie Bean Fajitas with Wedges
GL - DA

Jacket Potato With Cheese or Beans
DA

Egg Mayonnaise, Cheese or Tuna Mayonnaise
GL - DA - FI - EG - SO - SE

Carrots & Garden Peas/ Baked Beans

Fresh Fruit Salad

Primary School Menu
Autumn/Winter 2020 - 2021

Food For Life GOLD Accredited Menu



Freshly Baked Bread, Salad Bar & Fresh Fruit are available daily

Bread Contains - GL - DA - EG - SO / Yoghurt Contains - DA

ALLERGY KEY

CELERY - CE / GLUTEN - GL / CRUSTACEANS - CR / EGGS - EG / FISH - FI / LUPIN - LU / DAIRY - DA / MOLLUSCS - MO / MUSTARD - MU / NUTS - NU / PEANUTS - PE / SESAME SEEDS - SE / SOYA - SO / SULPHUR - SU

