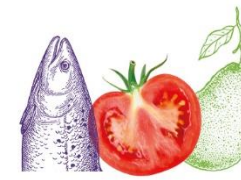


Primary Lunch Menu



Week Commencing 02/01/23

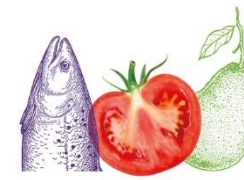
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We provide a variety of seasonal hot and cold dishes for children to freely choose from			Homemade Vegetable Lasagne served with Fresh Salad and Crusty Bread	Homemade Cumberland Sausage Slice served with Wedges and Beans	Fish Fingers or Fish Pie Served with Chips and Garden Peas
Alternative Jacket potatoes with tuna and other fillings available daily			Asian Noodles	Cheese and Tomato Panini	Veggie Sausage Roll
Homemade Soup			Chef Choice	Chef Choice	Chef Choice
Starchy Food Various bread choices available			Pasta sheet	Wedges	Chips
Vegetables Salad Bar with Hummus			Fresh salads	Beans	Garden Peas
Dessert Fresh fruit, selection of low-fat yoghurts and homemade puddings available every lunch time			Fresh Fruit Salad Yoghurts	Marble Cake Fresh Fruit	Cheese and Crackers Mixed Flavour Yoghurts

Ask for daily chef specials

All our meat is sourced from local suppliers, we use free range eggs and organic flour where possible. All our fruit and vegetables are locally sourced where possible. Halal options available.

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Primary Lunch Menu



Week Commencing 09/01/23

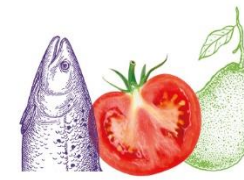
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We provide a variety of seasonal hot and cold dishes for children to freely choose from	Homemade Wholemeal Pizza served with Wedges and Beans or Coleslaw	Homemade Spanish Chicken served with Rice and Green Beans	All Day Breakfast with Sausage, Scrambled Egg, Wholemeal Toast, Mushrooms and Hash Brown	Meatball Sub Served with fresh Salad and Tortilla Chips	Homemade Battered Fish with Chips and Minted Mushy Peas
Alternative Jacket potatoes with tuna and other fillings available daily	Pesto Pasta	Roasted Pepper Tomato Quiche	Vegetarian Chilli	Homemade Macaroni Cheese	Veggie Sausage Roll
Homemade Soup	Chef Choice	Split Pea	Chinese Sweetcorn	Leek and Potato	Chef Choice
Starchy Food Various bread choices available	Homemade Pizza Base	Rice	Wholemeal Toast	Wholemeal Bread	Chips
Vegetables Salad Bar with Hummus	Carrots	Green Beans	Mushrooms	Tomatoes and Cucumber	Mushy Peas
Dessert Fresh fruit, selection of low-fat yoghurts and homemade puddings available every lunch time	Fresh Fruit Salad Mixed Yoghurts	Vanilla Cheesecake Fresh Fruit	Fruit Scones with Jam or Cream Yoghurts	Apple Flapjacks Fresh Fruit	Cheese and Crackers Mixed Flavour Yoghurts

Ask for daily chef specials

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Primary Lunch Menu



Week Commencing 16/01/23

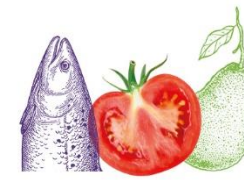
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We provide a variety of seasonal hot and cold dishes for children to freely choose from	Veggie Stir Fry served with Noodles and Spring Rolls	Homemade Scouse served with Beetroot and Crusty Bread	Ham Roast Dinner Served with Seasonal Vegetables, Stuffing and Roast Potatoes	Homemade Chicken Curry served with Rice and Naan Bread	Fish Cake or Fish Fingers and Chips served with Mushy Peas
Alternative Jacket potatoes with tuna and other fillings available daily	Cherry Tomato Quiche served with Crisp Fresh Salad	Tuna Pasta with Cucumber and Red Onion	Twice Baked Jacket Potatoes	Cheese and Tomato Toasties	Tandoori Salmon served with Pitta Bread
Homemade Soup	Chef Choice	Leek and Potato	Red pepper Soup	Tomato and Basil	Chef Choice
Starchy Food Various bread choices available	Noodles	Potato	Roast Potatoes	Basmati Rice	Chips
Vegetables Salad Bar with Hummus	Tomatoes	Carrots and Swede	Cabbage	Peppers	Mushy Peas
Dessert Fresh fruit, selection of low-fat yoghurts and homemade puddings available every lunch time	Ginger Biscuits Fresh Fruit	Fresh Fruit Salad Fresh Fruit	Apple Pie with pouring Cream Yoghurts	Fresh Fruit Trifle Fresh Fruit	Cheese and Crackers Mixed Flavour Yoghurts

Ask for daily chef specials

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Primary Lunch Menu



Week Commencing 23/01/23

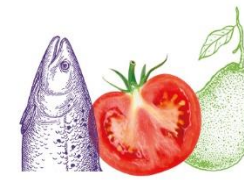
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We provide a variety of seasonal hot and cold dishes for children to freely choose from	Homemade Pizza with Wholemeal Pizza Base served with Homemade Wedges and Salad	Homemade Steak Pie served with Butter Glazed New Potatoes and Green Beans	Homemade Tomato and Basil Pasta served with Crusty Bread	Sausage and Mash with Onion Gravy, Peas, and Sweetcorn	Fish Fingers with Chips and Baked Beans
Alternative Jacket potatoes with tuna and other fillings available daily	Broccoli and Cream Cheese Pasta Bake	Pesto Pasta	Salmon Fish Pie	Macaroni and Cheese	Veggie Sausage Roll
Homemade Soup	Carrot and Coriander	Tomato and Basil	Red pepper Soup	Chef Choice	Chef Choice
Starchy Food Various bread choices available	Pizza Base	New Potatoes	Pasta	Mashed Potato	Chips
Vegetables Salad Bar with Hummus	Peppers	Green Beans	Tomatoes	Peas	Baked Beans
Dessert Fresh fruit, selection of low-fat yoghurts and homemade puddings available every lunch time	Fresh Fruit Salad Fresh Fruit	Apple Flapjack Fresh Fruit	Carrot Cake Yoghurts	Fresh Fruit Jelly Fresh Fruit	Cheese and Crackers Mixed Flavour Yoghurts

Ask for daily chef specials

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Primary Lunch Menu



Week Commencing 30/01/23

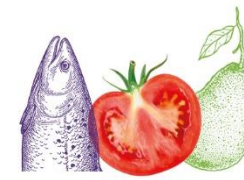
Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We provide a variety of seasonal hot and cold dishes for children to freely choose from	Homemade Chip shop Curry Sauce with Basmati Rice, Green Beans and Mango Chutney	Homemade Spaghetti Bolognese served with Fresh Garlic Bread	Sausage and Homemade Mashed Potato with Gravy and Peas	Homemade Chicken and Leek Pie served with Herby New Potatoes and Seasonal Veg	Homemade Battered Fish with Chips and Minted Mushy Peas
Alternative Jacket potatoes with tuna and other fillings available daily	Feta and Vegetable Pasta	Veggie spring Rolls with Sweet Chilli Sauce and Salad	Cheese and Tomato Panini	Homemade Quiche	Veggie Burger in a Bun
Homemade Soup	Chef Choice	Chinese Sweetcorn	Chef Choice	Chef Choice	Chef Choice
Starchy Food Various bread choices available	Rice	Spaghetti	Mashed Potato	New Potatoes	Chips
Vegetables Salad Bar with Hummus	Green Beans	Broccoli	Peas	Carrots and Broccoli	Mushy Peas
Dessert Fresh fruit, selection of low-fat yoghurts and homemade puddings available every lunch time	Apple and Oat Crumble with Pouring Cream Fresh Fruit	Homemade Rice Pudding served with Strawberry Jam Fresh Fruit	Iced Sponge Cake with Custard Fresh Fruit	Fresh Fruit Salad Yoghurts	Cheese and Crackers Mixed Flavour Yoghurts

Ask for daily chef specials

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Primary Lunch Menu



Week Commencing 06/02/23

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal We provide a variety of seasonal hot and cold dishes for children to freely choose from	Vegan Ravioli in Homemade Tomato Sauce served with Crusty Bread	Homemade Pizza served with Wedges and Fresh Salad	Homemade Chicken Tikka Curry served with Basmati Rice, Green Beans and Mango Chutney	Ham Roast served with Roasted New Potatoes and Cauliflower Cheese	Fish Fingers served with Chips and Garden Peas
Alternative Jacket potatoes with tuna and other fillings available daily	Spanish Omelette	Roasted Red Pepper Quiche	Vegetable Stir Fry	Vegetable Quesadillas	Veggie Sausage Roll
Homemade Soup	Chef Choice	Tomato and Basil	Broccoli and Cheddar	Chef Choice	Chinese Sweetcorn
Starchy Food Various bread choices available	Ravioli Pasta	Pizza Base	Basmati Rice	New Potatoes	Chips
Vegetables Salad Bar with Hummus	Tomatoes	Salad	Green Beans	Carrots	Garden Peas
Dessert Fresh fruit, selection low-fat yoghurts and homemade puddings available every lunch	Fresh Fruit Salad Fresh Fruit	Shortbread Biscuits Fresh Fruit	Sponge Cake topped with Jam and Whipped Cream Yoghurts	Apple Flapjacks Fresh Fruit	Cheese and Crackers Mixed Flavour Yoghurts

Ask for daily chef specials

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