

# PRIMARY MENUS Winter Menu COVID TRIAL

Week commencing - *w/c 18/1/21*

| WEEK 1                             | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|------------------------------------|---|---|--|---|---|
| <b>Traditional Meal of the Day</b> | Ratatouille Ravioli in Homemade tomato sauce<br>Crusty roll | Roast Chicken Fillet<br>Stuffing<br>Mashed Potatoes | HM Meat pie with HM<br>Wedges                      | Big Breakfast<br>(Bacon, sausage, hash<br>brown, scrambled egg, ½<br>bread slice) | Fish Fingers/ Salmon Fish<br>fingers<br>Chips       |
| <b>Vegetarian Option</b>           | Southern Style<br>Burger in a bread roll with<br>HM wedges  | Quorn cottage pie                                   | Calzone served with<br>salad                       | Quorn Sausage   | Katsu Dipper nanwich                                |
| <b>Accompaniments</b>              | Broccoli & mixed<br>vegetables                              | Suede & carrot mix<br>Cabbage<br>Gravy              | Carrots<br>Mushy Peas                              | Baked Beans<br>Mushrooms  | Garden Peas<br>Sweetcorn<br>Tomato Sauce            |
| <b>2<sup>nd</sup> Course</b>       | Cookie and fruit slice                                      | Chocolate orange Brownie                            | Fruit flapjack                                     | Jam, lemon, apple or<br>pineapple shortcake                                       | Jelly & fruit                                       |
| <b>Daily Selection</b>             | Fresh fruit selection                                       | Fresh fruit selection                               | Fresh fruit Selection<br>Frozen Yoghurt            | Fresh fruit Selection<br>Yoghurt  | FUNKY FRUIT FRIDAY!                                 |
| <b>Filled Jacket Potato</b>        | Jacket potato<br>Baked Beans<br>Cheese                      | Jacket Potato<br>Tuna Mayo<br>Coleslaw<br>Cheese    | Jacket Potato<br>Bolognaise<br>Tuna Mayo<br>Cheese | Jacket Potato<br>Cheese<br>Baked Beans  | Jacket Potato<br>Baked Beans<br>Cheese<br>Tuna Mayo |

# PRIMARY MENUS Winter Menu COVID TRIAL

Week Commencing - *w/c 25.1.21*

| WEEK 2                             | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY                              | FRIDAY   |
|------------------------------------|---|---|---|---------------------------------------|--|
| <b>Traditional Meal of the Day</b> | Chicken Curry<br>Rice<br>Naan Bread                     | Sausage<br>Yorkshire Pudding<br>Mashed Potato               | Cheese and Tomato Pizza<br>1/2 Jacket potato          | Roast Pork<br>Stuffing<br>Mash potato | Jumbo fish finger OR fish<br>cake in a roll<br>Chips |
| <b>Vegetarian Option</b>           | Vegetarian Quorn Taco                                   | Quorn fillet  | Quiche  | Quorn & vegetable pie                 | Cheesy pasta   |
| <b>Accompaniments</b>              | Green beans<br>Sweetcorn                                | Carrots<br>Green Cabbage<br>Gravy                           | Baked beans<br>Coleslaw                               | Broccoli<br>Baton Carrots<br>Gravy    | Mushy or garden peas<br>Crudités<br>Tomato sauce     |
| <b>2<sup>nd</sup> Course</b>       | Raspberry Fruit Muffin                                  | Chocolate Sponge  | Apple and banana cake                                 | Gingerbread Biscuit                   | Jelly & fruit  |
| <b>Daily Selection</b>             | Fresh Fruit Selection<br>Frozen Yoghurt                 | Fresh Fruit Selection                                       | Fresh Fruit Selection<br>Yoghurt                      | Fresh Fruit Selection                 | Funky Fruit Friday<br>Fruit in jelly                 |
| <b>Filled Jacket Potato</b>        | Jacket Potato<br>Chicken Curry<br>Cheese<br>Baked Beans | Jacket Potato<br>Quorn savoury mince<br>Tuna Mayo<br>Cheese | Jacket Potato<br>Baked Beans<br>Tuna Mayo<br>Coleslaw | Jacket Potato<br>Tuna Mayo<br>Cheese  | Jacket Potato<br>Baked Beans<br>Coleslaw             |

All meals are freshly cooked at the school. All meat is fresh and UK sourced from farms within the region. A selection of wholemeal and best of both bread available daily. With the exception of chips, our food is cooked using oven baking and steaming methods. Where requested by schools an alternative to beef is available. Water is available each day. We use seasonal fruits & vegetables.