

PRIMARY SCHOOLS FULL MENU

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DISH OF THE DAY	Cheese and Tomato Pizza ^v	Chicken Korma** and Naan Bread	Roast Pork and Beef Sausage and Gravy	Bolognese** and Garlic Bread	Jumbo Fish Finger or Salmon Fish Fillet
VEGGIE-DISH OF DAY	No-Whey Cheese and Tomato Pizza ^{v+}	Vegetable Korma** and Naan Bread ^{v+}	Plant Based Sausage and Gravy ^{v+}	Veggie Bolognese** and Garlic Slice ^{v+}	Fishless Fingers ^{v+}
SNACK OF THE DAY	Tomato and Basil Pasta Pot ^{v+} <i>w/ choice of cheese ^v or vegan cheese ^{v+}</i>	Filled Jacket Potato ^{v+} <i>w/ choice of tuna mayo, cheese ^v, baked beans ^v or vegan cheese ^{v+}</i>	Tomato and Basil Pasta Pot ^{v+} <i>w/ choice of cheese ^v or vegan cheese ^{v+}</i>	Filled Jacket Potato ^{v+} <i>w/ choice of tuna mayo, cheese ^v, baked beans ^v or vegan cheese ^{v+}</i>	Tomato and Basil Pasta Pot ^{v+} <i>w/ choice of cheese ^v or vegan cheese ^{v+}</i>
CARBOHYDRATE	Herby Diced Potatoes New Potatoes	Rice	Mashed Potato	Pasta	Chips New Potatoes
VEGETABLES	Peas Sweetcorn Salad	Carrots Cauliflower Salad	Mixed Vegetables Broccoli Salad	Carrots Peas Salad	Peas Baked Beans Salad
DESSERT	Cheese and Crackers	Jelly with Peach Slices ^{v+}	Chocolate Cookie ^{v+}	Flapjack ^{v+}	Apple Crumble and Custard ^v
Fresh fruit, yoghurts, soya vanilla dessert available every day					

V = Suitable for vegetarians

V+ = Suitable for plant-based diets or can be made for a plant-based diet

****Can be offered as a choice with Jacket Potato**

Ketchup to be made available on Week 1 Friday – maximum 10ml portion.

Please note: Where salmon appear on the menu, it **must** be offered in order to comply with the oily fish requirement of the HEISWR

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DISH OF THE DAY	Pasta Neapolitan Bake and Garlic Bread ^V	Chicken Tikka** and Naan Bread	Roast Chicken and Gravy	Meatballs in a Tomato Sauce** with Garlic Bread	Fish Square
VEGGIE-DISH OF DAY	Pasta Neapolitan Bake and Garlic Slice ^{V+}	Vegetable Tikka** and Naan Bread ^{V+}	Roast Plant Based Cutlet and Gravy ^{V+}	Plantballs in a Tomato Sauce** with Garlic Slice ^{V+}	Vegetable Nuggets ^{V+}
SNACK OF THE DAY	Filled Jacket Potato ^{V+} <i>w/ choice of tuna mayo, cheese ^V, baked beans ^V or vegan cheese ^{V+}</i>	Tomato and Basil Pasta Pot ^{V+} <i>w/ choice of cheese ^V or vegan cheese ^{V+}</i>	Filled Jacket Potato ^{V+} <i>w/ choice of tuna mayo, cheese ^V, baked beans ^V or vegan cheese ^{V+}</i>	Filled Jacket Potato ^{V+} <i>w/ choice of tuna mayo, cheese ^V, baked beans ^V or vegan cheese ^{V+}</i>	Tomato and Basil Pasta Pot ^{V+} <i>w/ choice of cheese ^V or vegan cheese ^{V+}</i>
CARBOHYDRATE	Pasta	Rice	Roast Potato New Potatoes	Pasta	Chips New Potatoes
VEGETABLES	Peas Sweetcorn Salad	Mixed Vegetables Broccoli Salad	Carrots Cauliflower Salad	Sweetcorn Broccoli Salad	Peas Baked Beans Salad
DESSERT	Cheese and Crackers	Shortbread ^{V+}	Cornflake Crisp ^{V+}	Jelly with Mandarins ^{V+}	Raspberry Ripple Ice Cream Roll and Peach Slices ^V
Fresh fruit, yoghurts, soya vanilla dessert available every day					

V = Suitable for vegetarians

V+ = Suitable for plant-based diets or can be made for a plant-based diet

****Can be offered as a choice with Jacket Potato**

Ketchup to be made available on Week 2 Tuesday and Week 2 Friday – maximum 10ml portion.

Please note: Where salmon appear on the menu, it **must** be offered in order to comply with the oily fish requirement of the HEISWR