# Primary School Menu

WEEK

Dates: 17<sup>th</sup> April, 8<sup>th</sup> May, 5<sup>th</sup> June, 26<sup>th</sup> June, 17<sup>th</sup> July, 11<sup>th</sup> Sept, 2<sup>nd</sup> October, 23<sup>rd</sup> October

#### **Monday**

Baked Sausages Mashed Potatoes Peas Carrots



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Vegetable Burrito Seasonal Salad



Home Bake - Iced Buns

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Fresh Fruit Platter Yogurts

#### **Tuesday**

Tandoori Chicken Wrap Potato Wedges Corn Cobs

Energy	Fat	Saturates	Carbohydra	Protein
102.9	6.7	1.1	1.7	8.7
5%	10%	5%	0%	0%

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Salmon Fish Cake or Vegetable Nuggets Potato Wedges Corn Cobs

6%	7%	4%	0%	0%
129.4	4.9	0.7	15.2	4.4
Energy	Fat	Saturates	Carbohydra	Proteir

Home Bake - Frosted Carrot Cake

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Fresh Fruit Platter Yogurts

#### Wednesday

Roast Chicken Roast Potatoes Green Beans Cauliflower

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Energy	Fat	Saturates	Carbohydra	Protein
63.6	0.7	0.2	0.0	14.4
3%	1%	1%	0%	0%

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Quorn Roast Roast Potatoes Green Beans, Cauliflower

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3%	1%	1%	0%	0%		
51.1	0.6	0.3	1.2	8.7		
Energy	Fat	Saturates	Carbohydra	Prote		

Home Bake - Chocolate Cookie

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Fresh Fruit Platter Yogurts

#### **Thursday**

Homemade Sausage Roll Mashed Potatoes Baked Beans

Energy	Fat	Saturates	Carbohydra	Protein
129.5	8.9	3.2	6.5	5.9
6%	13%	16%	0%	0%

Vegetable Noodle Chow Mein



Home Bake - Apple Flapjack

Fresh Fruit Platter Yogurts

#### **Friday**

Fish Fingers Chips Crudites & Coleslaw

Energy	Fat	Saturates	Carbohydri	Protein
183.6	8.2	0.7	15.3	11.7
9%	12%	4%	0%	0%

Cheese & Tomato
Pizza
Chips
Baked Beans

****						
8%	7%	12%	0%	0%		
154.8	5.0	2.3	19.8	6.6		
Energy	Fat	Saturates	Carbohydra	Protei		

Strawberry Mousse

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Fresh Fruit Platter
Yogurts

Jacket Potato with Filling Available Mon-Thurs

> Home Baked Bread Seasonal Salads









# Primary School Menu

Dates: 24<sup>th</sup> April, 15<sup>th</sup> May, 12<sup>th</sup> June, 3<sup>rd</sup> July, 24th July, 18th Sept, 9th October



### **Monday**

Chicken Burger in a bun Potato Wedges Seasonal Salad

Energy 36614.9	Fat 493.2	Saturates 0.5	Carbohydra 406.7	Protein 701.5
1831	705%	2%	0%	0%
	*	**	*	

Kentucky Veggie Burger in a bun Potato Wedges Seasonal Salad

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16%	20%	9%	0%	0%			
315.3	13.9	1.8	33.7	11.8			
Energy	Fat	Saturates	Carbohydra	Protein			

Home - Bake Lemon Drizzle Cake

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Fresh Fruit Platter **Yogurts** 

#### **Tuesday**

Beef Bolognaise Pasta Broccoli

	****						
14%	3%	2%	0%	0%			
269.9	1.9	0.4	15.4	13.9			
Energy	Fat	Saturates	Carbohydra	Protein			

Cheese Flan Sliced Potatoes Broccoli



Home Bake - Oat Cookie

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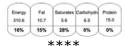
Fresh Fruit Platter **Yogurts** 

#### Wednesday

Roast Pork **Roast Potatoes** Green Beans Cauliflower



Tomato Pasta Bake Green Beans & Cauliflower



Raspberry Iced Smoothie

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Fresh Fruit Platter **Yogurts** 

## **Thursday**

Chicken Bites Sliced Potatoes Baked Beans

Energy	Fat	Saturates	Carbohydra	Protein		
0.9	0.1	0.0	0.0	0.1		
0%	0%	0%	0%	0%		
	****					

Cauliflower & Broccoli Bake Mashed Potatoes



Home Bake -Chocolate Brownie

\*\*\*\* Fresh Fruit Platter Yogurts

#### **Friday**

Fish Fingers Chips Peas

9%	12%	<b>4%</b>	0%	0%
183.6	8.2	0.7	15.3	11.7
Energy	Fat	Saturates	Carbohydn	Protein

Cheese & Tomato Pizza Chips & Peas



Home Bake - Fruit Muffin

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Fresh Fruit Platter Yogurts

**Jacket Potato with Filling Available Mon-Thurs** 

> **Home Baked Bread Seasonal Salads**









# Primary School Menu Dates: 15t May 22nd May 19th 1

THREE

**WEEK** 

Dates: 1<sup>st</sup> May, 22<sup>nd</sup> May, 19<sup>th</sup> June, 10<sup>th</sup> July, 4<sup>th</sup> Sept, 25<sup>th</sup> Sept, 16<sup>th</sup> October

#### **Monday**

Chicken Meatballs in Tomato Sauce Pasta Corn Cobs & Salad



Vegetable Nugget Wrap Sweet Potato Fries Corn Cobs & Salad

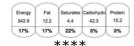


Home Bake – Vanilla Cookie

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Fresh Fruit Platter
Yogurts

#### **Tuesday**

Chicken Curry Rice Green Beans



Filled Panini Potato Wedges Coleslaw



Jelly & Ice Cream

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Fresh Fruit Platter Yogurts

#### Wednesday

Roast Chicken Roast Potatoes Cabbage Carrots



Cheese Whirl Baked Beans



Home Bake - Apple Eve Pudding & Custard \*\*\*\*

Fresh Fruit Platter Yogurts

## **Thursday**

Meat & Potato Pie Broccoli



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Macaroni Cheese Broccoli Sweetcorn



Chocolate Mousse

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Fresh Fruit Platter
Yogurts

#### **Friday**

Fish Fingers Chips Peas

Energy	Fat	Saturates	Carbohydn 15.3	Protein 11.7
9%	12%	4%	15.3	0%

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Cheese & Tomato Pizza Chips & Peas



Rocket Lolly

\*\*\*\*
Fresh Fruit Platter
Yogurts

Jacket Potato with Filling
Available Mon-Thurs

Home Baked Bread Seasonal Salads







