

Primary Choice Autumn/Winter 2019 Menu Week 1

W/C 04/11 25/11 16/11 20/01 10/02 09/03 30/03

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Mac 'N' Cheese(v) <i>Macaroni baked in a tasty cheesy sauce</i>	Chicken Tikka Masala with Wholegrain Rice** <i>A classic mild Indian creamy curry</i>	Traditional Roast Turkey with Roast Potatoes & Gravy	Beef Burger with Potato Wedges <i>A juicy beef burger in a soft bun</i>	Salmon Fish Fingers*** or Cod Fillet Fish Fingers & Chips
Alternative Dish	Mexican Bean & Potato Wrap(v) With Rice** <i>Tortilla wrap stuffed with fajita seasoned beans & cubed potato in a cheesy tomato sauce</i>	Cheese & Tomato Pizza**(v) with Potato Wedges <i>Homemade pizza topped with tomato sauce & Mozzarella cheese</i>	Quorn Roast(v) with Roast Potatoes & Gravy <i>Traditional vegetarian roast</i>	Veggie Pizza Hot Dog(v) with Potato Wedges <i>Vegetarian hot dog covered in a pizza sauce with melted cheese</i>	Quorn Dippers(v) & Chips <i>Quorn nuggets with chips</i>
Additional Daily Options	Loaded Jacket Potatoes with either cheese, tuna, baked beans or coleslaw Selection of Sandwiches	Loaded Jacket Potatoes with either cheese, tuna, baked beans or coleslaw Selection of Sandwiches	Loaded Jacket Potatoes with either cheese, tuna, baked beans or coleslaw Selection of Sandwiches	Loaded Jacket Potatoes with either cheese, tuna, baked beans or coleslaw Selection of Sandwiches	Loaded Jacket Potatoes with either cheese, tuna, baked beans or coleslaw Selection of Sandwiches
Vegetables	Carrots Green Beans	Peas Cauliflower & Broccoli	Carrots Cabbage	Sweetcorn Mediterranean Vegetables	Baked Beans Peas Carrots
Desserts	Chocolate Slice with Fruit Slices*	Zesty Drizzle Cake with Fruit Slices*	Shortbread Biscuit with Fruit Slices*	Banana & Berry Pie* with Custard	Chocolate & Peach Sponge with Fruit Slices*

Cool Water, Organic Milk, Fruit Juice, Fresh Fruit, Freshly Baked 50/50 Bread & Yoghurt

available daily Fresh salad available on a daily basis

*Fruit Based **Wholegrain ***Oily Fish

(v)Vegetarian



Primary Choice Autumn/Winter 2019 Menu Week 2

W/C 11/11 02/12 06/01 27/01 24/02 16/03

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Spaghetti Bake(v) <i>Vegetarian spaghetti Bolognese topped with cheese, then baked</i>	Chicken Pie with Mashed Potato <i>Chicken & sweetcorn in a creamy sauce topped with shortcrust pastry</i>	Traditional Roast Pork with Roast Potatoes & Gravy	BBQ Beef Meatballs** <i>Delicious BBQ beef meatballs in a tomato sauce with wholemeal pasta</i>	Cod Fillet Fish Fingers & Chips
Alternative Dish	Vegetable Supreme Pizza**(v) with Potato Wedges <i>Homemade pizza topped with tomato sauce, peppers, sweetcorn & Mozzarella cheese</i>	Cheesy Potato Bake(v) <i>Crushed potato & cheesy bake</i>	Butternut Squash & Tomato Bake(v) <i>Butternut squash, carrot, cheese & lentils in a rich tomato sauce with a breadcrumb topping</i>	Quorn Balls in Tomato Sauce with Wholegrain Rice**(v) <i>Tasty Quorn balls in a tomato sauce with wholegrain rice</i>	Cheesy Onion Quiche(v) with Chips <i>Delicious vegetarian quiche</i>
Additional Daily Options	Loaded Jacket Potatoes with either cheese, tuna, baked beans or coleslaw Selection of Sandwiches	Loaded Jacket Potatoes with either cheese, tuna, baked beans or coleslaw Selection of Sandwiches	Loaded Jacket Potatoes with either cheese, tuna, baked beans or coleslaw Selection of Sandwiches	Loaded Jacket Potatoes with either cheese, tuna, baked beans or coleslaw Selection of Sandwiches	Loaded Jacket Potatoes with either cheese, tuna, baked beans or coleslaw Selection of Sandwiches
Vegetables	Sweetcorn Broccoli	Peas Cauliflower	Roast Parsnip Carrots	Broccoli Sweetcorn	Baked Beans Peas Carrots
Desserts	Pineapple Traybake with Fruit Slices*	Chocolate Cake with Custard & Fruit Slices*	Flapjack with Fruit Slices*	Bread & Butter Pudding with Custard & Fruit Slices*	Raspberry Yoghurt Cake with Fruit Slices*

Cool Water, Organic Milk, Fruit Juice, Fresh Fruit, Freshly Baked 50/50 Bread & Yoghurt

available daily Fresh salad available on a daily basis

*Fruit Based **Wholegrain ***Oily Fish

(v)Vegetarian



Primary Choice Autumn/Winter 2019 Menu Week 3

W/C 18/11 09/12 13/01 03/02 02/03 23/03

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Cheese & Tomato Pizza** (v) with Potato Wedges <i>Homemade pizza topped with tomato sauce & Mozzarella cheese</i>	Pork Sausages with Mashed Potato & Gravy	Traditional Roast Chicken with Roast Potatoes & Gravy	Beef Bolognese** <i>A classic Italian beef Bolognese served with wholemeal pasta</i>	Crispy Battered Fish & Chips
Alternative Dish	BBQ Quorn Burger(v) with Potato Wedges <i>Quorn burger served in a bun with lettuce, a tomato slice & BBQ sauce</i>	Quorn Sausages(v) with Mashed Potato & Gravy	Giant Vegetable Pasty(v) with Roast Potatoes & Gravy <i>A tasty mix of vegetables wrapped in delicious shortcrust pastry</i>	Quorn Paella(v) <i>A Spanish flavoured rice dish with Quorn, beans, peas, peppers & tomatoes</i>	Baked Bean Omelette(v) & Chips <i>A baked vegetarian omelette</i>
Additional Daily Options	Loaded Jacket Potatoes with either cheese, tuna, baked beans or coleslaw Selection of Sandwiches	Loaded Jacket Potatoes with either cheese, tuna, baked beans or coleslaw Selection of Sandwiches	Loaded Jacket Potatoes with either cheese, tuna, baked beans or coleslaw Selection of Sandwiches	Loaded Jacket Potatoes with either cheese, tuna, baked beans or coleslaw Selection of Sandwiches	Loaded Jacket Potatoes with either cheese, tuna, baked beans or coleslaw Selection of Sandwiches
Vegetables	Carrots Peas	Sweetcorn Green Beans	Cabbage Carrots	Broccoli Mediterranean Vegetables	Peas Baked Beans Carrots
Desserts	Creamy Baked Orange & Vanilla Rice Pudding with Fruit Slices*	Banana & Cinnamon Cake*	Orange Shortbread with Fruit Slices*	Chocolate & Raspberry Swirl Cake with Custard & Fruit Slices*	Crunchy Chocolate Biscuit with Fruit Slices*



Cool Water, Organic Milk, Fruit Juice, Fresh Fruit, Freshly Baked 50/50 Bread & Yoghurt available daily Fresh salad available on a daily basis *Fruit Based **Wholegrain ***Oily Fish