

FUEL FOR SCHOOL

Primary School Menu

WEEK 1

Main

Vegan

Dessert

MEAT FREE MONDAY

Cheese & tomato wholemeal pizza with vegan meatball topping & salad

Cheese & tomato wholemeal pizza with vegan meatball topping & salad

Apple flapjack

TUESDAY

Chicken, sweet potato & courgette tikka masala with rice

Sweet potato & courgette tikka masala with rice

Fruit smoothie

WEDNESDAY

Traditional cottage pie with carrots, peas, broccoli & gravy

Cottage pie with vegan mince, carrots, peas, broccoli & vegan gravy

Carrot cake & custard

THURSDAY

Chicken & vegetable enchiladas with tomato sauce & mozzarella

Vegetable & Quorn enchiladas with tomato sauce & vegan cheese

Chocolate & beetroot brownie

FRIDAY

MSC breaded fish, potato wedges & crushed peas

Fishless fingers, potato wedges & crushed peas

Pancakes topped with yoghurt & seasonal fruit

JACKET POTATO WITH FILLINGS - Baked beans, tuna mayo, cheese, butter

SALAD BAR - Shredded lettuce, grated carrot, coleslaw, red cabbage, spring onions, mixed peppers, cucumber, sweetcorn

Selection of fruit & yoghurts (dairy-free alternative)

Bread, milk & water available with every meal



FUEL FOR SCHOOL

Primary School Menu

WEEK 2

Main

Vegan

Dessert

MEAT FREE MONDAY

Vegan bolognese & garlic bread

Vegan bolognese & garlic bread

Homemade oat & fruit biscuit

TUESDAY

Chicken, rice & beans fajita wraps

Sweet potato, rice & beans fajita wraps

Vanilla & blueberry cake

WEDNESDAY

Roast turkey, roasted vegetables, potatoes, Yorkshire pudding & gravy

Vegan sausages, roasted vegetables, potatoes & vegan gravy

Apple crumble & custard

THURSDAY

Sweet chilli pork stir fry with egg noodles & broccoli

Sweet chilli Quorn pieces stir fry with rice noodles & broccoli

Pineapple sponge pudding & custard

FRIDAY

Flipper dippers, cubed potatoes with carrot & cucumber sticks

Vegan nuggets, cubed potatoes with carrot & cucumber sticks

Ice cream

JACKET POTATO WITH FILLINGS - Baked beans, tuna mayo, cheese, butter

SALAD BAR - Shredded lettuce, grated carrot, coleslaw, red cabbage, spring onions, mixed peppers, cucumber, sweetcorn

Selection of fruit & yoghurts (dairy-free alternative)

Bread, milk & water available with every meal



FUEL FOR SCHOOL

Primary School Menu

WEEK 3

Main

Vegan

Dessert

MEAT FREE MONDAY

Veggie burger,
crispy cubed
potatoes & salad

Veggie burger,
crispy cubed
potatoes & salad

Banana
flapjack

TUESDAY

Meatballs &
wholemeal pasta
with garlic bread

Vegan meatballs
& wholemeal
pasta with garlic
bread

Frozen yoghurt
smoothie

WEDNESDAY

Roast gammon or
pork, mashed potato
& seasonal vegetables
with vegan gravy

Vegan sausages,
mashed potato &
seasonal vegetables
with vegan gravy

Sticky toffee pudding
with custard

THURSDAY

Chicken, bean &
sweetcorn lettuce
burrito with sweet
potato fries

Bean, sweetcorn
lettuce burritos with
sweet potato fries

Chocolate & pear
sponge with
custard

FRIDAY

Mac & cheese fish
pie with carrots &
broccoli

Mac & cheese bake
with carrots &
broccoli

Pancakes topped
with yoghurt &
seasonal fruit

JACKET POTATO WITH FILLINGS - Baked beans, tuna mayo, cheese, butter

SALAD BAR - Shredded lettuce, grated carrot, coleslaw, red cabbage, spring onions, mixed peppers, cucumber, sweetcorn

Selection of fruit & yoghurts (dairy-free alternative)

Bread, milk & water available with every meal

