

Primary LUNCH MENU



- MEAT FREE -

Monday

Tuesday

Wednesday

Thursday

Friday

Week 1

05.09.2022
03.10.2022
31.10.2022
28.11.2022

Mexican Sweet Potato and Bean Burrito with Cheese, Sweetcorn & Tortilla Chips

Fresh Natural Raspberry & Vanilla Yoghurt

Creamy Ham and Mushroom Wholewheat Penne Pasta Bake with Green Beans and Garlic Bread

Creamy Spinach, Cannellini Bean and Mushroom Wholewheat Pasta Bake with Green Beans & Garlic Bread

Fresh Fruit Salad

Roast Chicken with Sage and Onion Stuffing, Roast Potatoes, Carrots and Gravy

Roast Quorn with Sage and Onion Stuffing, with Roast Potatoes, Carrots and Gravy

Orange & Mango Jelly

Jacket Potato with Tuna Mayonnaise and Cucumber Sticks

Jacket Potato with Baked Beans* and Cheddar Cheese

Honeydew Melon Wedges

MSC* Cod and Pollock Fish Cake with Buttered New Potatoes, Peas and Tomato Ketchup*

Vegetable Sausage with Buttered New Potatoes, Peas and Tomato Ketchup*

Cheddar Cheese & Crackers

Week 2

12.09.2022
10.10.2022
07.11.2022
05.12.2022

Veggie Burger in a Brioche Bun with Herb Diced Potatoes, Cucumber Sticks and Tomato Ketchup*

Fresh Cream Profiteroles with Chocolate Sauce

Turkey Meatballs with Tomato & Courgette Risotto with Cauliflower

Falafels with Tomato & Courgette Risotto with Cauliflower

Flapjack

Crispy Potato Topped Lamb and Lentil Rogan Josh with Green Beans and Naan Bread

Crispy Potato Topped Aubergine and Lentil Rogan Josh with Green Beans and Naan Bread

Pineapple Sticks

Chicken and Squash Wholewheat Pasta Bake with Mozzarella Topping, Broccoli and Garlic Bread

Spinach, Butterbean & Squash Wholewheat Pasta Bake with Mozzarella Topping, Broccoli & Garlic Bread

Natural Peach & Vanilla Yoghurt

MSC* Pollock Fish Fingers with Mashed Potato and Baked Beans*

Vegetable Fingers with Mashed Potato and Baked Beans*

Fresh Fruit Salad

Week 3

19.09.2022
17.10.2022
14.11.2022
12.12.2022

Jacket Potato with Baked Beans* and Cheddar Cheese

Blueberry Muffin

Barbeque Chicken with Herb Diced Potatoes and Peas

Chick Pea, Carrot and Coconut Curry with Rice, Broccoli and Naan Bread

Cheddar Cheese & Cream Crackers

"Beef Cheeseburger" Wholewheat Penne Pasta Bake, Sweetcorn and Garlic Bread

"Mushroom and Cannellini Bean Cheeseburger" Wholewheat Pasta Bake, Sweetcorn and Garlic Bread

Fresh Natural Strawberry Yoghurt

Pulled Ham Hock Cauliflower Cheese with Roast Potatoes and Peas

Cherry Tomato Cauliflower Cheese with Roast Potatoes and Peas

Fresh Fruit Salad

MSC-Breaded Pollock Fillet with Herb Diced Potatoes, Green Beans & Tomato Ketchup

Vegetable Fingers with Herb Diced Potatoes, Green Beans & Tomato Ketchup

Watermelon Wedges

Week 4

26.09.2022
24.10.2022
21.11.2022
19.12.2022

Cheese and Tomato Pizza with Potato Wedges and Peas

Flapjack

Butcher's Pork Sausage with Mashed Potato and Baked Beans*

Vegetable Sausage with Mashed Potato and Baked Beans*

Pineapple Sticks

Chicken and Vegetable Casserole with a Cheesy Diced Potato Topping with Green Beans

Lentil and Vegetable Casserole with a Cheesy Diced Potato Topping with Green Beans

Fresh Fruit Salad

Mexican Beef Chilli with Rice, Sweetcorn and Tortilla Chips

Mexican Mixed Bean Chilli with Rice, Sweetcorn and Tortilla Chips

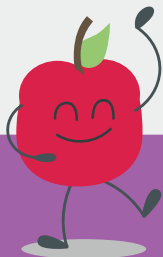
Strawberry Jelly

MSC* Mackerel Mac 'n' Cheese with Carrots and Garlic Bread

Cherry Tomato Mac 'n' Cheese with Carrots and Garlic Bread

Fresh Natural Mango Yoghurt

All Our Dairy Products are Red Tractor Assured*
Subject to availability

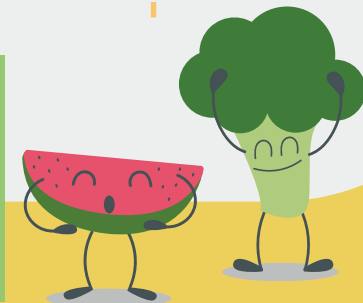


*MSC - Approved by the Marine Stewardship Council

CRUMBS

FOOD CO

www.crumbsfoodco.com



Reduced Salt and Sugar

Bread and Fresh Salad is available every day