

Primary LUNCH MENU



Monday

Tuesday

Wednesday

Thursday

Friday

Week 1

02.01.2023
30.01.2023
27.02.2023
27.03.2023

Sweet Potato, Chickpea & Carrot Korma with Brown Rice and Peas

Cheddar Cheese & Crackers

Jacket Potato with Tuna Mayonnaise and Cucumber Sticks

Jacket Potato with Baked Beans* and Cheddar Cheese

Fresh Fruit Salad

Beef & Lentil Cottage Pie with Green Beans

Lentil & Butter Bean Cottage Pie with Green Beans

Fresh Strawberry Yoghurt

Thai Chicken Noodles with Red Peppers and Broccoli

Thai Mushroom Noodles with Red Peppers and Broccoli

Melon Wedges

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

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

Orange & Mango Jelly

Week 2

09.01.2023
06.02.2023
06.03.2023
03.04.2023

Cauliflower and Cannellini Bean Cheese Puff Pastry Pie with Roast Potatoes and Green Beans

Blueberry Muffin

Chicken and Sweetcorn Wholewheat Penne Pasta Bake with Mozzarella Topping, Carrots and Garlic Bread

Spinach, Butterbean and Squash Wholewheat Penne Pasta Bake with Mozzarella Topping, Carrots and Garlic Bread

Pineapple Sticks

Lamb, Lentil and Pea Rogan Josh Pilaf with Broccoli

Chickpea, Lentil and Pea Rogan Josh Pilaf with Broccoli

Cheddar Cheese & Crackers

Jacket Potato with Tuna Mayonnaise and Sweetcorn

Jacket Potato with Mexican Bean Chilli and Cheddar Cheese

Fresh Peach & Vanilla Yoghurt

MSC* Cod and Pollock Fish Cake with New Potatoes and Peas

Vegetable Sausage with New Potatoes and Peas

Fresh Fruit Salad

Week 3

16.01.2023
13.02.2023
13.03.2023
10.04.2023

Jacket Potato with Baked Beans* and Cheddar Cheese

Fresh Cream Profiteroles with Chocolate Sauce

Chicken, Potato and Carrot Curry with Brown Rice and Broccoli

Chickpea, Carrot and Potato Curry with Brown Rice and Broccoli

Fresh Mango Yoghurt

Spaghetti Beef & Mushroom Bolognese with Sweetcorn and Garlic Bread

Spaghetti Mushroom & Lentil Bolognese with Sweetcorn and Garlic Bread

Melon Wedges

Chicken and Vegetable Casserole with a Cheesy Potato Waffle Topping with Peas

Cannellini Bean and Vegetable Casserole with a Cheesy Potato Waffle Topping with Peas

Fresh Fruit Salad

MSC* Breaded Pollock Fillet with Roast Potatoes and Green Beans

Vegetable Fingers with Roast Potatoes and Green Beans

Cheddar Cheese & Cream Crackers

Week 4

23.01.2023
20.02.2023
20.03.2023

Welsh Rarebit Vegetable and Lentil Pie with Carrots

Flapjack

Sausage, Spinach and Cheese Wholewheat Penne Pasta Bake with Peas and Garlic Bread

Spinach, Cannellini Bean and Cheese Wholewheat Penne Pasta Bake with Peas and Garlic Bread

Strawberry Jelly

Jacket Potato with Tuna Mayonnaise and Cucumber Sticks

Jacket Potato with Barbeque Beans and Cheddar Cheese

Fresh Fruit Salad

Mexican Beef and Bean Chilli with Rice and Sweetcorn

Mexican Sweet Potato and Bean Chilli with Rice and Sweetcorn

Pineapple Sticks

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

Vegetable Fingers with Potato Wedges and Baked Beans*

Fresh Raspberry & Vanilla Yoghurt

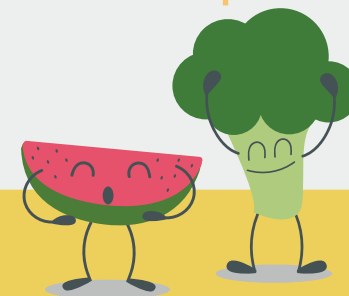
All Our Dairy Products are Red Tractor Assured*
Subject to availability



CRUMBS

FOOD CO

www.crumbsfoodco.com



Laura Matthews
Nutrition

Reduced Salt and Sugar

*MSC - Approved by the Marine Stewardship Council

A type of Bread or Tortilla Chips and Fresh Salad is available every day