# yum with fruits Primary School Menu April 2024- April 2025

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| WEEK 1 | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** |
| **SOUP** | **Vegetable**  **CHO 4.7g** | **Lentil**  **CHO 6.4g** | **Leek & Potato**  **CHO 7.4g** | **Lentil**  **CHO 6.4g** |
| **MAIN COURSE** | **Macaroni-47.5g** | **Chilli Con Carne=**  **Rice=46.1g** | **Chicken Goujon=13.86g**  **Diced Potatoes =16.1g** | **Pork Meatballs=10.72g**  **Tomato Sauce & Pasta=41.6g** |
| **VEGETARIAN COURSE** | **Ve Dog Sausage=1.02g**  **HotDog Roll=23g** | **Pizza CHO 40.1g**  **Vegetable Batons CHO 3.7g** | **American Style Rice=32.4g** | **Potato & Bean Pie=28.9g** |
| **VEGETABLES/SALAD** | **Seasonal vegetables** ⧫  **Mixed salad** | **Seasonal vegetables** ⧫  **Mixed salad** | **Seasonal vegetables** ⧫ Mixed salad | **Seasonal vegetables** ⧫  **Mixed salad** |
| **LIGHTER BITE** | **Soup = 4.7g**  **Cream Cheese& Bagel=22.7g** | **Soup =6.4g**  **Vegan Fishfinger Wrap=41.36g** | Soup = 7.4gHam & ½ Baguette =11.7g | **Soup = 6.4g**  **Cheese Panini=29.9g** |
| **DESSERTS** | **Healthy Balance Yogurt = 12.1g** | **Seasonal Fruit**  **or Fruit** | **H/Balance Yogurt =**  **12.1g** | **Vanilla Sponge=25.2g**  **Seasonal Fruit =**  **or Fruit** |
| DRINKS | **Water**  **Milk = 9.4g** | **Water**  **Milk** | **Milk**  **Water** | **Water**  **Milk** |
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| WEEK 2 | **Meat free**  **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** |
| **Soup** | **Lentil**  **CHO 6.4g** | **Tomato & Basil**  **CHO 2.5g** | **Vegetable**  **CHO 4.7g** | **Carrot & Coriander**  **CHO 5.5g** |
| **MAIN COURSE** | **BBQ Chicken Fillet=1.71g**  **Potato Wedges=19g**  **Sweetcorn Salsa=** | **Steak Pie= 22g**  **Mash Potatoes CHO 22.6g** | **Pizza CHO 40.1g**  **Vegetable Batons CHO 3.7g** | **Fish fillet= 15g**  **Chips= 21.9g**  **Peas= 4.4g** |
| **VEGETARIAN COURSE** | **3 Bean Chilli=17.3g**  **Rice= 46.1g** | **Vegetarian Taco=49.3g** | **Baked Potato &**  **Coronation Chickpea=45.1g** | **Spanish Rice=31.6g** |
| **VEGETABLES/SALAD** | **Seasonal vegetables** ⧫  **Mixed salad** | **Seasonal vegetables** ⧫  **Mixed salad** | **Seasonal vegetables** ⧫  **Mixed salad** | **Seasonal vegetables** ⧫  **Mixed salad** |
| **LIGHT BITE** | **Soup = 6.4g**  **Tuna Roll;=** | **Soup = 2.5g**  **Cheese Sandwich=30.9g** | Soup = 4.7gThis Isn’t Chicken Wrap=28.68g | **Soup = 5.5g**  **Ham Sandwich = 36.9g** |
| DESSERTS | **Daily Choice** | **Or Fruit** | **Daily Choice** | **Vegan Jelly=16.2g**  **Fruit** |
| **DRINKS** | **Water**  **Milk** | Water **Milk** | Water **Milk** | Water **Milk** |
| * **Bread, side salad, fruit/fruit salad & yoghurt available daily**  A sandwich lunch is available on Friday:–a roll/sandwich, yoghurt, fresh fruit, veggie sticks & waterMonday & Wednesdays are ‘milk and water’ days to help growing teeth! **Vegetarian choice V Local produce when available ⧫ MCS Sustainable fish source** | | | | |

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| WEEK 3 | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** |
| **SOUP** | **Lentil**  **CHO 6.4g** | **Carrot & Potato Soup**  **CHO** | **Lentil**  **CHO 6.4g** | **Leek & Potato**  **CHO 7.4g** |
| **MAIN COURSE** | **Beef Burger= 3.81g**  **Burger Roll=25g** | **Quorn Dippers= 7.92 Potato Wedges=19g**  **Baked Beans= 11.4g** | **Pork Sausages in Gravy=10.83g**  **Mashed Potatoes = 22.6g** | **Salmon& Sweet Potato Fishcake=15.27g**  **Dice Potatoes= Diced Potatoes= 16.1g** |
| **VEGETARIAN COURSE** | **Vegan Cottage Pie=31.9g** | **Singapore Rice Noodles= 31.4g** | **Sweet Potato Curry=10.4g**  **Rice=46.1g** | **Tomato Pasta = 41.6g**  **Garlic Bread = 11.8g** |
| **VEGETABLES/SALAD** | **Seasonal vegetables ⧫**  **Mixed salad** | **Seasonal vegetables ⧫**  **Mixed salad** | **Seasonal vegetables ⧫**  **Mixed salad** | **Seasonal vegetables ⧫**  **Mixed salad** |
| **LIGHTER BITE** | **Soup = 6.4g**  **Fish Finger Wrap=41.2g** | **Soup = 4g**  **Hummus Pitta=32g** | Soup = 6.4gHam Sandwich = 36.9g | **Soup = 4.7g**  **Vegan Sausage Roll=17.92g** |
| **DESSERTS** | **Daily Choice** | **Ice-Cream=17g**  **Seasonal Fruit =**  **Or Fruit** | **Daily Choice** | **Or Fruit** |
| DRINKS | Water **Milk** | Water **Milk** | **Milk** Water | Water **Milk** |
| * **Bread, side salad, fruit/fruit salad & yoghurt available daily**  A sandwich lunch is available on Friday:–a roll/sandwich, yoghurt, fresh fruit, veggie sticks & waterMonday & Wednesdays are ‘milk and water’ days to help growing teeth! Vegetarian choice V Local produce when available ⧫ MCS Sustainable fish source | | | | |