# CHO- Primary School – 2024-25

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| WEEK 1 | **Meat free**  **MONDAY** | ***TUESDAY*** | **WEDNESDAY** | **THURSDAY** |
| **SOUP** | **Vegetable – 4.7G** | **Lentil- 6.4G** | **Leek & Potato – 7.4G** | **Lentil- .6.4G** |
| **BLUE BAND** | **Macaroni – 47.5G** | **Chilli Con Carne-**  **Rice- 46.1G** | **Chicken Goujon –**  **Diced Potatoes –16.1G**  **egetables** | **Pork Meatballs- Tomato Sauce -**  **Pasta-** |
| **GREEN BAND** | **Vegan sausage-**  **Hot dog Roll-** | **Pizza -40.1G**  **Veg Baton 3.7G** | **American Style Rice-** | **Potato & Bean Pie-27.9g** |
| **YELLOW BAND** | **Soup- 4.7G**  **Cream Cheese & Cucumber Bagel 22.7G** | **Soup- 6.4G**  **Vegan Fish Finger Wrap-** | **Soup – 7.4G**  **Ham Petit Pan 11.7G** | **Soup -6.4G**  **Cheese Panini- 29.9G** |
| **VEGETABLES/SALAD** | **Seasonal vegetables Mixed salad**  **Vegetable Batons** | **Seasonal vegetables** ⧫  **Mixed salad**  **Vegetable Batons** | **Seasonal vegetables** ⧫ Mixed salad **Vegetable Batons** | **Seasonal vegetables** ⧫  **Mixed salad**  **Vegetable Batons** |
| **DESSERTS** | **Fruit Salad (min 40g)**  **Selection of Fruit**  **Yogurt – 12.1G** | **,**  **Fruit Salad (min 40g)**  **Selection of Fruit** | **Fruit Salad (min 40g)**  **Selection of Fruit**  **Yogurt-12.1g** | **Fruit Salad (min 40g)**  **Selection of Fruit**  **Vanilla Sponge 25.2g- with Fruit** |

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| WEEK 2 | **MONDAY** | **TUESDAY** | **Meat free day**  **WEDNESDAY** | ***THURSDAY*** |
| **Soup** | **Lentil 6.4g** | **Tomato- 4g** | **Vegetable 4.7g** | ***Carrot & Coriander 5.5g*** |
| **BLUE BAND** | **BBQ Chicken Fillet Potato Wedges -19g** | **Fish 15g**  **Chips 21.9g** | **Pizza -40.1g** | **Steak Pie-**  **Potatoes-** |
| **GREEN BAND** | **3 Bean Chilli-15.4g**  **Rice 46.1g** | **Vegetarian Tacos -28.1g** | **Baked Potato with Coronation Chickpea – 45.1g** | **Spanish Rice** |
| **YELLOW BAND** | **Soup- 6.4g**  **Tuna Roll- 39.8g** | **Soup – 4g**  **Cheese Sandwich- 30.9g** | **Soup-4.7g**  **THIS Isn’t Chicken Salad Wrap -** | **Soup-5.5g**  **Ham Sandwich-36.9g** |
| **VEGETABLES/SALAD** | **Seasonal vegetables Mixed salad**  **Vegetable Batons** | **Seasonal vegetables** ⧫  **Mixed salad**  **Vegetable Batons** | **Seasonal vegetables** ⧫ Mixed salad **Vegetable Batons** | **Seasonal vegetables**  **Mixed salad**  **Vegetable Baton** |
| DESSERTS | **Selection of Fruit**  **Fruit Salad**  **Yogurt** | **Selection of Fruit**  **Fruit Salad** | **Selection of Fruit**  **Fruit Salad** Yogurt | **Fruit Salad (min 40g)**  **Selection of Fruit**  **Vegan Jelly**  **& Fruit** |

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| WEEK 3 | ***MONDAY*** | **MEAT FREE**  **TUESDAY** | **WEDNESDAY** | **THURSDAY** |
| **SOUP** | **Lentil 6.4g** | **Carrot & Potato – 12.4g** | **Lentil 6.4g** | **Potato & Leek –7.4g** |
| **BLUE BAND** | **Beef Burger-**  **Burger Roll-** | **Quorn Dippers- 7.92g**  **Wedges – 19g**  **Beans -11.4g** | **Pork Sausages**  **Gravy-**  **Mash Potatoes 22.6g** | **Salmon & Sweet Potato Fish Cake-**  **Diced potatoes- 16.1g** |
| **GREEN BAND** | **Vegan Cottage Pie- 31.6g** | **Singapore Rice Noodles -31.4g** | **Sweet Potato Curry- 10.4g**  **Rice 46.1g** | **Tomato Pasta- 41.6g**  **Garlic Bread 11.8g** |
| **YELLOW BAND** | **Soup-**  **Fish Finger Wrap-** | **Soup- 12.4g**  **Hummus & Vegetable Pitta Bread** | **Soup 6.4g**  **Ham Sandwich 36.9g** | **Soup-7.4g**  **Vegan Sausage Roll-** |
| **VEGETABLES/SALAD** | **Seasonal vegetables Mixed salad**  **Vegetable Batons** | **Seasonal vegetables**  **Mixed salad**  **Vegetable Batons** | **Seasonal vegetables** Mixed salad **Vegetable Batons** | **Seasonal vegetables**  **Mixed salad**  **Vegetable Batons** |
| **DESSERTS** | **Selection of Fruit**  **Fruit Salad**  **Yogurt** | **Selection of Fruit**  **Fruit Salad**  **Ice-Cream-17G with Fresh Fruit** | **Selection of Fruit**  **Fruit Salad** Yogurt | **Seasonal Fruit**  **Fruit Salad** |

**There will be Vegan/Dairy Free/Gluten Free alternatives to some of the dishes, parents should contact their School Cook Supervisor and advise on any dietary needs.**