



## Primary School Menu

April 2022- April 2023

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
SOUP	Vegetable CHO 4.7g	Tomato & Basil CHO 2.5g	Lentil CHO 6.4g	Leek & Potato CHO 7.4g
MAIN COURSE	Fish Fingers = 15g Chips = 36g	Chilli con Carne 7.2g Rice = 46.1g	Chicken Sausages & Gravy = 3.5g Mashed Potatoes = 22.6g	Egg Fried Rice = 44.4g
VEGETARIAN COURSE	Baked Potato = 53.9g Cheese = 0g	Vegetarian Sausage Roll = 17.9g Diced Potatoes = 33.7g	Vegetarian Bolognese with Pasta = 48.9g	Pizza CHO 40.1g Vegetable Batons CHO 3.7g
VEGETABLES/SALAD	Seasonal vegetables ♦ Mixed salad	Seasonal vegetables ♦ Mixed salad	Seasonal vegetables ♦ Mixed salad	Seasonal vegetables ♦ Mixed salad
LIGHTER BITE	Soup = 4.7g Chicken Wholemeal Roll = 27.7g	Soup = 2.5g Cheese Baguette = 51.8g	Soup = 6.4g Ham Sandwich = 36.9g	Soup = 7.4g Hummus & Grated carrot Wrap with Salad = 34g
DESSERTS	Healthy Balance Yogurt = 12.1g	Custard = 10.9g / Ice cream (Summer) = 17g Seasonal Fruit or Fruit	H/Balance Yogurt = 12.1g	Vanilla Sponge & Seasonal Fruit = 28.9g or Fruit
DRINKS	Water Milk = 9.4g	Water Milk	Milk Water	Water Milk
<ul style="list-style-type: none"> <li>Bread, side salad, fruit/fruit salad &amp; yoghurt available daily</li> <li>A sandwich lunch is available on Friday:-a roll/sandwich, yoghurt, fresh fruit, water</li> <li>Monday &amp; Wednesdays are 'milk and water' days to help growing teeth!</li> </ul> <p style="text-align: center;">Vegetarian choice V      Local produce when available ♦      MCS Sustainable fish source</p>				



## Primary School Menu

April 2022 – April 2023

<b>WEEK 2</b>	<b>Meat free MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
<b>Soup</b>	Tomato & Basil CHO 2.5g	Lentil CHO 6.4g	Vegetable CHO 4.7g	Carrot & Coriander CHO 5.5g
<b>MAIN COURSE</b>	Macaroni CHO 47.5g	Salmon Fillet CHO 0g Potatoes CHO 22.4g	Steak Pie = 11.9g Potatoes = 25.8g	Chicken Enchiladas = 36.1g
<b>VEGETARIAN COURSE</b>	Vegetable Curry = 9.6g Rice = 46.1g	Tomato Pasta = 41.6g Garlic Bread = 11.8g	Leek & Pea Risotto = 60.7g	Baked Potato = 53.9g Baked Beans = 13g
<b>VEGETABLES/SALAD</b>	Seasonal vegetables ♦ Mixed salad	Seasonal vegetables ♦ Mixed salad	Seasonal vegetables ♦ Mixed salad	Seasonal vegetables ♦ Mixed salad
<b>LIGHT BITE</b>	Soup = 2.5g Egg Mayo Wholemeal Roll = 29.4g	Soup = 6.4g Cheese Baguette = 51.8g	Soup = 4.7g Chicken Sandwich = 35.1g	Soup = 5.5g Tuna Wrap = 30.8g
<b>DESSERTS</b>	Daily Choice	Apple Crumble = 24.8g Or Fruit	Daily Choice	Peach Melba Sponge = 29.8g Or Fruit
<b>DRINKS</b>	Water Milk	Water Milk	Water Milk	Water Milk
<ul style="list-style-type: none"> <li>• Bread, side salad, fruit/fruit salad &amp; yoghurt available daily</li> <li>• A sandwich lunch is available on Friday:—a roll/sandwich, yoghurt, fresh fruit, veggie sticks &amp; water</li> <li>• Monday &amp; Wednesdays are ‘milk and water’ days to help growing teeth!</li> </ul> <p style="text-align: center;">Vegetarian choice <b>V</b>      Local produce when available <b>♦</b>      MCS Sustainable fish source</p>				



## Primary School Menu

April 2022 – April 2023

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
SOUP	Tomato & Basil CHO 2.5g	Red Pepper & Tomato Soup CHO 4g	Lentil CHO 6.4g	Vegetable CHO 4.7g
MAIN COURSE	Chicken = 0.8g Roast Potatoes = 21g Yorkshire Pudding = 10.5g	Seasonal Penne Pasta = 13.3g	Mince Beef = 8.6g Mashed Potatoes = 22.6g	Chicken Hot Dog = 2.1g Hot Dog Roll = 23g
VEGETARIAN COURSE	Baked Potato = 53.9g Beans = 13g	Vegetable Quiche = 36.8g Potatoes = 22.4g	Vegetable Nuggets = 20.2g Rainbow rice = 45.3g	Sweet Potato & Lentil Curry = 10.2g Rice = 46.1g
VEGETABLES/SALAD	Seasonal vegetables ♦ Mixed salad	Seasonal vegetables ♦ Mixed salad	Seasonal vegetables ♦ Mixed salad	Seasonal vegetables ♦ Mixed salad
LIGHTER BITE	Soup = 2.5g Tuna Wholemeal Roll = 29.4g	Soup = 4g Cheese Baguette = 51.8g	Soup = 6.4g Egg Mayo Sandwich = 37.9g	Soup = 4.7g Cheese Wrap = 34.4g
DESSERTS	Daily Choice	Angel Delight & Seasonal Fruit = 7.8g Or Fruit	Daily Choice	Chocolate Sponge & Mandarins = 26.3g 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 & water
- Monday & Wednesdays are 'milk and water' days to help growing teeth!  
Vegetarian choice **V** Local produce when available ♦ MCS Sustainable fish source