# 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.**