



Primary School Menu

April 2023- April 2024

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	Chicken Fillet with Sweet Chilli Sauce = 0.5g Potato Wedges = 19g	Baked Potato with Coronation Chickpea= 45.1g	Pork Meatballs in Gravy = 10.72g Mashed Potatoes = 22.6g	Pasta Bolognese= 48.3g
VEGETARIAN COURSE	Pasta Bake=29.8g	Pizza CHO 40.1g Vegetable Batons CHO 3.7g	Quorn Dippers= 7.92g Diced Potatoes= 16.1g Baked Beans= 11.4g	Lentil Dahl= 7.9g Chapatti= 27.14g
VEGETABLES/SALAD	Seasonal vegetables ♦ Mixed salad	Seasonal vegetables ♦ Mixed salad	Seasonal vegetables ♦ Mixed salad	Seasonal vegetables ♦ Mixed salad
LIGHTER BITE	Soup = 4.7g Cheese Sandwich = 30.9g	Soup =6.4g Cream Cheese & Cucumber Bagel= 22.7g	Soup = 7.4g Tuna Wrap = 30.8g	Soup = 6.4g Ham Baguette= 11.7g
DESSERTS	Healthy Balance Yogurt = 12.1g	Ice cream = 17g Seasonal Fruit or Fruit	H/Balance Yogurt = 12.1g	Shortbread= 26.8g Seasonal Fruit = or Fruit
DRINKS	Water Milk = 9.4g	Water Milk	Milk Water	Water Milk
<ul style="list-style-type: none"> Bread, side salad, fruit/fruit salad & yoghurt available daily A sandwich lunch is available on Friday:-a roll/sandwich, yoghurt, fresh fruit, water Monday & Wednesdays are 'milk and water' days to help growing teeth! <p style="text-align: center;">Vegetarian choice V Local produce when available ♦ MCS Sustainable fish source</p>				



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WEEK 2	Meat free MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Soup	Lentil CHO 6.4g	Minestrone=8.1g	Vegetable CHO 4.7g	Carrot & Coriander CHO 5.5g
MAIN COURSE	Chicken Burger in a Roll= 39.67g	Salmon Fillet CHO 0g Potatoes CHO 22.4g	Haggis = 11.9g Mashed Potatoes = 22.6g Swede= 1.2g	Bean Casserole=14g Rice=46.1.g
VEGETARIAN COURSE	Macaroni= CHO 47.5g	Sweet n Sour Vegetables with Noodles= 54.5g	Baked Potato with Cheese & Coleslaw= 2.8g	Pasta Pesto=37.6g
VEGETABLES/SALAD	Seasonal vegetables ♦ Mixed salad	Seasonal vegetables ♦ Mixed salad	Seasonal vegetables ♦ Mixed salad	Seasonal vegetables ♦ Mixed salad
LIGHT BITE	Soup = 6.4g Ham Sandwich = 36.9g	Soup = 8.1g Egg Mayo Hoagie=39.7g	Soup = 4.7g Chicken Mayo Wrap = 30.9g	Soup = 5.5g Cheese Panini=29.9g
DESSERTS	Daily Choice	Apple Crumble = 24.8g Or Fruit	Daily Choice	Oatcake with Cheese= 13.4g Fruit
DRINKS	Water Milk	Water Milk	Water Milk	Water Milk
<ul style="list-style-type: none"> • 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 				



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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	Tomato Pasta = 41.6g Garlic Bread = 11.8g	Beef Burger in a Bun= 21.14g Tomato Salsa =2g	Fish fillet= 15g Chips= 21.9g Peas= 4.4g	Chicken Curry=6.2g. Rice = 46.1g
VEGETARIAN COURSE	Plant Based Chicken Fajita= 33.2g	Vegetable Biryani= 51.9g	Baked Potato = 53.9g Baked Beans = 13g	Falafel Wrap= 30.7g
VEGETABLES/SALAD	Seasonal vegetables ♦ Mixed salad	Seasonal vegetables ♦ Mixed salad	Seasonal vegetables ♦ Mixed salad	Seasonal vegetables ♦ Mixed salad
LIGHTER BITE	Soup = 2.5g Cheese Sandwich = 30.9g	Soup = 4g Tuna Mayo Hoagie= 39.8g	Soup = 6.4g Ham Ciabatta = 38.9g	Soup = 4.7g Cheese Wrap = 34.4g
DESSERTS	Daily Choice	Vanilla Sponge= 25.2g Seasonal Fruit = Or Fruit	Daily Choice	3 Milk Cake= 15.8g 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