# 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 = 4.7g This 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 & 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** | **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 & water Monday & Wednesdays are ‘milk and water’ days to help growing teeth! Vegetarian choice V Local produce when available ⧫ MCS Sustainable fish source |