

**Primary School Menu Sept 2022/23 £2.40 per day**

	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>
	<i>Week Commencing:</i>	<i>Week Commencing:</i>	<i>Week Commencing:</i>
2022	5 September, 26 September, 17 October 14 November, 5 December	12 September, 3 October, 24 October. 21 November, 12 December	19 September, 10 October, 7 November 28 November, 19 December
2023	9 January, 30 January, 27 February, 20 March,	16 January, 6 February, 6 March, 27 March.	23 Jan, 13 February, 13 March,

	<b>Monday</b>	<b>Monday</b>	<b>Monday</b>
Main	Baked Sausages	Chicken Curry	Meatballs
Main	Vegetarian Sausage	Margherita Pizza	Tomato Pasta Bake
Veg	Sweetcorn Salad / Bread Basket	Peas Salad / Bread Basket	Sweetcorn Salad / Bread Basket
Carb	Creamed Potatoes	Rice	Creamed Potatoes
Other	Gravy		Gravy
Dessert	Biscuit & Strawberry Milk / Fresh Fruit	Fruit Muffin / Fresh Fruit	Fruit Muffin / Fresh Fruit
Halal	Halal Sausage	Chicken Curry	Halal Meatballs
Gluten/ Dairy	Gluten & DF Sausage	GF DF Chicken Curry	GF DF Meatballs
<b>Tuesday</b>			
Main	Chicken Curry	Beef Burger in a Roll	Chicken Curry
Main/ Vegeta	Margherita Pizza	Vegetable Cheese Bake	Margherita Pizza
Veg	Peas Salad / Bread Basket	Sweetcorn Salad / Bread Basket	Peas Salad / Bread Basket
Carb	Rice	Creamed Potatoes	Rice
Other			
Dessert	Fruit Yoghurt Pot / Fresh Fruit	Jelly & Mandarins / Fresh Fruit	Fruit Yoghurt Pot / Fresh Fruit
Halal	Chicken Curry	Halal Burger in a Roll	Chicken Curry
Gluten/ Dairy	GF DF Chicken Curry	GF DF Beef Burger in a GF DG Roll	GF DF Chicken Curry
<b>Wednesday</b>			
Main	Breaded Chicken Steak	Breaded Chicken Steak	Breaded Chicken Steak
Main/ Vegeta	Cheesy Beany Jacket	Omelette	Cheese & Tomato Calzone
Veg	Carrots Salad / Bread Basket	Carrots Salad / Bread Basket	Carrots Salad / Bread Basket
Carb	Pasta	Boiled Potatoes	Pasta
Other			
Dessert	Cocoa Crnsy Bar / Fresh Fruit	Fruit Yoghurt Pot / Fresh Fruit	Jelly and Mandarins / Fresh Fruit
Halal	Breaded Chicken Steak	Breaded Chicken Steak	Breaded Chicken Steak
Gluten/ Dairy	Chicken Steak	Chicken Steak	Chicken Steak
<b>Thursday</b>			
Main	Baked Ham	Roast Pork	Roast Turkey
Main/ Vegeta	Tomato Pasta Bake	Macaroni Cheese	Pasta Napolitana
Veg	Broccoli Salad / Bread Basket	Broccoli Salad / Bread Basket	Broccoli Salad / Bread Basket
Carb	Roast Potatoes	Roast Potatoes	Roast Potatoes
Other	Gravy	Gravy	Gravy
Dessert	Fruit Muffin / Fresh Fruit	Welsh Cake & Fruit Wedge / Fresh Fruit	Jam Split & Fruit Wedge / Fresh Fruit
Halal	Roast Chicken	Roast Chicken	Roast Chicken
Gluten/ Dairy	Baked Ham	Roast Pork	Roast Turkey
<b>Friday</b>			
Main	Baked Fish	Baked Fish	Baked Fish
Main/ Vegeta	Cheese Wrap	Cheese Wrap	Cheese Wrap
Veg	Baked Beans Salad / Bread Basket	Baked Beans Salad / Bread Basket	Baked Beans Salad / Bread Basket
Carb	Chipped Potatoes / Pasta	Chipped Potatoes / Pasta	Chipped Potatoes / Pasta
Other			
Dessert	Jam Split & Fruit Wedge / Fresh Fruit	Cookie / Fresh Fruit	Chocolate Cookie / Fresh Fruit
Halal	Fish Fillet	Fish Fillet	Fish Fillet
Gluten/ Dairy	GF DF Fish Fingers	GF DF Fish Fingers	GF DF Fish Fingers