



Primary Menu 2021

Starts 19th April

WEEK 1

Select a main meal, drink and dessert. Choose as much fruit and veg, soup and bread as you like.

- ✓ All meals include choice of plain semi-skimmed milk and refresh water
- ✓ All options include – yoghurt and fresh fruit for dessert
- ✓ All dishes are served with a choice of seasonal vegetables or side salad

WEEKLY CYCLE

19/4, 17/5, 14/6, 16/8,
13/9, 18/10, 15/11,
13/12, 3/1, 7/2 and 7/3

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Quorn Meatballs in Tomato Sauce with Rice	Roast Chicken Yorkshire Pudding Potatoes	Fish Fingers Oven Chips or Potatoes	Steak Pie with Potatoes	Chicken Curry with Rice
Choice 2	Cheese & Tomato Pizza Herb or Plain Potato Wedges	Baked Potato Savoury Cheese	Vegetable Paella Crusty Bread	Sweet Chilli Quorn Flat Bread	Vegetable Quarter Pounder Spiced or Plain Diced Potatoes
Choice 3	Cheese Sandwich or Roll	Fish Goujons Salad Wrap	Savoury Cheese Sandwich or Roll	Tuna Sandwich/Roll	Tandoori or Plain Chicken Chunks Spiced or Plain Diced Potatoes

Medical Diet – If you have any dietary requirements please contact the catering manager

We also offer
Homemade soup with a selection of bread





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WEEK

2

Select a main meal, drink and dessert. Choose as much fruit and veg, soup and bread as you like.

- ✓ All meals include choice of plain semi-skimmed milk and refresh water
- ✓ All options include – yoghurt and fresh fruit for dessert
- ✓ All dishes are served with a choice of seasonal vegetables or side salad

WEEKLY CYCLE

26/4, 24/5, 21/6, 23/8,
20/9, 25/10, 22/11,
20/12, 10/1, 14/2 and
14/3

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Falafel Burger in a Bun Oven Chips or Potatoes	Savoury Mince with Potatoes	Meatballs in Gravy Spiced or Plain Diced Potatoes	Spaghetti Bolognese Garlic & Herb Bread	Breaded Fish with Potatoes
Choice 2	Baked Beans on Toast	Quorn Goujons with Tangy Sweet & Sour Noodles	Vegetable Curry with Rice	Quorn Hot Dog & Onions Herb or Plain Potato Wedges	Quorn Tomato Pasta Garlic & Herb Bread
Choice 3	Baked Potato Cheese & Coleslaw	Tuna Sandwich or Roll	BBQ Chicken Breast on a Bun Spiced or Plain Diced Potato	Cheese Sandwich or Roll	Sweet Chilli Chicken Wrap

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WEEK 3

Select a main meal, drink and dessert. Choose as much fruit and veg, soup and bread as you like.

- ✓ All meals include choice of plain semi-skimmed milk and refresh water
- ✓ All options include – yoghurt and fresh fruit for dessert
- ✓ All dishes are served with a choice of seasonal vegetables or side salad

WEEKLY CYCLE

3/5, 31/5, 30/8, 27/9,
1/11, 29/11, 17/1, 21/2
and 21/3

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Sweet Potato & Coconut Curry with Rice	Lasagne Garlic & Herb Bread	Roast Chicken & Yorkshire Pudding with Potatoes	Sausages in Gravy with Potatoes	Fish Fingers Oven Chips or Potatoes
Choice 2 	Quorn Goujon Herb or Plain Potato Wedges	Cheese & Tomato Pizza with Pasta	Quorn Risotto Crusty Bread	Vegetable Chilli with Rice	Cheese & Tomato Quiche Oven Chips or Potatoes
Choice 3	Cheese Sandwich or Roll	Tuna Sandwich or Roll	Fish Cake Herb or Plain Potato Wedges	Chicken Goujon Salad Wrap	Baked Potato Baked Beans

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WEEK 4

Select a main meal, drink and dessert. Choose as much fruit and veg, soup and bread as you like.

- ✓ All meals include choice of plain semi-skimmed milk and refresh water
- ✓ All options include – yoghurt and fresh fruit for dessert
- ✓ All dishes are served with a choice of seasonal vegetables or side salad

WEEKLY CYCLE

10/5, 7/6, 6/9, 4/10,
8/11, 6/12, 24/1, 28/2
and 28/3

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Macaroni Cheese Garlic & Herb Bread	Breaded Fish with Potatoes	Chicken Casserole Herb or Plain Potato Wedges	Mince Pie with Potatoes	Chicken Fajita Spiced or Plain Diced Potatoes
Choice 2	Quorn Sausage Casserole with Potatoes	Thai Vegetable Curry with Rice	Baked Potato Cheese & Coleslaw	Quorn Goujon Salad Flat Bread	Vegetable Arrabiata Pasta
Choice 3	Banana & cheese Sandwich or Roll	Chicken Mayonnaise Wrap	Hot Dog Sausage & Onions Herb or Plain Potato Wedges	Cheese Sandwich or Roll	Chicken Burger in a Bun Spiced or Plain Diced Potatoes

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