## **Primary School Menu 2023**

Week 1 Week 3

## Week Commencing:

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September 4<sup>th</sup>, September 25<sup>th</sup>, October 16<sup>th</sup>

September 11<sup>th</sup>, October 2<sup>nd</sup>, October 23<sup>rd</sup>

Week Commencing: September 18<sup>th</sup>, October 9th, November

November 13th, December 4th

November 20<sup>th</sup>, December 11<sup>th</sup>

November 27<sup>th</sup>, December 18<sup>th</sup>

| Monday  | Monday                          | Monday                                |  |
|---|---------------------------------|---------------------------------------|--|
| Oven Baked Sausages                           | Breaded Chicken Steak           | Meatballs                             |  |
| Vegetarian Sausage                            | Vegetable Cheese Bake           | Tomato Pasta Bake                     |  |
| Accompaniments of the day                     | Accompaniments of the day       | Accompaniments of the day             |  |
|   |                                 |                                       |  |
| Homemade Biscuit & Peach slices / Fresh Fruit | Fruit Yoahurt Pot / Fresh Fruit | Jam Split & Fruit Wedge / Fresh Fruit |  |

| Tuesday                         | Tuesday                         | Tuesday                         |
|---------------------------------|---------------------------------|---------------------------------|
| Chicken Curry                   | Pasta Bolognaise                | Chicken Curry                   |
| Cheese & Tomato Pizza           | Omelette                        | Margherita Pizza                |
| Accompaniments of the day       | Accompaniments of the day       | Accompaniments of the day       |
|                                 |                                 |                                 |
| Fruit Yoghurt Pot / Fresh Fruit | Jelly & Mandarins / Fresh Fruit | Fruit Yoghurt Pot / Fresh Fruit |

| Wednesday                  | Wednesday                  | Wednesday                         |  |
|----------------------------|----------------------------|-----------------------------------|--|
| Cheesy Beany Jacket        | Chicken Curry              | Cheese & Tomato Calzone           |  |
| Breaded Chicken Steak      | Cheese & Tomato Pizza      | Breaded Chicken Steak             |  |
| Accompaniments of the day  | Accompaniments of the day  | Accompaniments of the day         |  |
|                            |                            |                                   |  |
| Fruit Muffin / Fresh Fruit | Fruit Muffin / Fresh Fruit | Jelly and Mandarins / Fresh Fruit |  |

| Thursday                       | Thursday                  | Thursday                       |
|--------------------------------|---------------------------|--------------------------------|
| Baked Ham                      | Roast Pork                | Roast Turkey                   |
| Tomato Pasta Bake              | Pasta Napolitana          | Macaroni Cheese                |
| Accompaniments of the day      | Accompaniments of the day | Accompaniments of the day      |
|                                |                           |                                |
| Cocoa Crispy Bar / Fresh Fruit | Cookie / Fresh Fruit      | Chocolate Cookie / Fresh Fruit |

| Friday                                | Friday                           | Friday                     |
|---------------------------------------|----------------------------------|----------------------------|
| Baked Fish                            | Fish Fingers                     | Baked Fish                 |
| Cheese Wrap                           | Cheese Wrap                      | Cheese Wrap                |
| Accompaniments of the day             | Accompaniments of the day        | Accompaniments of the day  |
|                                       | Welsh Cake & Fruit Wedge / Fresh |                            |
| Jam Split & Fruit Wedge / Fresh Fruit | Fruit                            | Fruit Muffin / Fresh Fruit |

<sup>\*</sup>Note \*Occasionally due to circumstances beyond our control it may be necessary to change or replace some menu items or ingredients

<sup>\*</sup>Baked Salmon option is available every Friday as an alternative to Baked Fish