

PRIMARY MENU 1  
(BEEF)



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meat / Fish Choice</b>	Oven Baked Sausages with Yorkshire Pudding and Creamy Mashed Potatoes	Homemade Chicken Curry with Wholemeal Rice	Homemade Beef Lasagne with Organic Bread	Roast Chicken and Stuffing with Roast Potatoes	Salmon Fillet in Wholemeal Breadcrumbs with Creamy Mashed Potatoes
<b>Vegetarian Choice</b>	Penne Pasta with a Sweet Tomato and Basil Sauce	Quorn Burger in a Homemade Bun with Tomato Relish and Coleslaw	Baked Potato with Baked Beans and Coleslaw	Homemade Quorn Cottage Pie	Homemade Macaroni Cheese
<b>Vegetables / Salads</b>	Garden Peas Salad Bar	Fresh Broccoli Salad Bar	Fresh Carrots Salad Bar	Sweetcorn Salad Bar	Baked Beans Salad Bar
<b>Gravy</b>	Gravy			Gravy	
<b>Dessert</b>	Homemade Wholemeal Carrot Cake Organic Fruit Yoghurt Cheese and Biscuits Fresh Fruit Pots	Homemade Oaty Apple Crumble Frozen Yoghurt Cheese and Biscuits Fresh Fruit Pots	Fresh Fruit Salad Organic Fruit Yoghurt Cheese and Biscuits	Chocolate Cracknell Frozen Yoghurt Cheese and Biscuits Fresh Fruit Pots	Fruit in Jelly with Ice Cream Organic Fruit Yoghurt Cheese and Biscuits Fresh Fruit Pots
<b>Custard</b>	Custard	Custard	Custard	Custard	
<b>Bread Basket</b>	Sliced White and Wholemeal Bread	French Stick and Sliced Wholemeal Bread	Organic Bread	French Stick and Sliced Wholemeal Bread	Sliced White and Wholemeal Bread
<b>Milk Bar</b>	Semi Skimmed Milk	Semi Skimmed Milk	Semi Skimmed Milk	Semi Skimmed Milk	Semi Skimmed Milk

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meat / Fish Choice</b>	Homemade Lemon Roasted Chicken with Roast Potatoes	Homemade Wholemeal Tuna Wrap with Salad	Organic Beefburger in a Homemade Bun with Tomato Relish and Oven Baked Chips	Homemade Chicken Pie with Creamy Mashed Potatoes	Homemade Pizza with a Ham and Cheese Topping
<b>Vegetarian Choice</b>	Homemade Quorn Bolognaise with Pasta	Homemade Cheese Flan with New Potatoes	Homemade Quorn Stir Fry in a Sweet and Sour Sauce with Noodles	Homemade Pasta Provencal	Homemade Sweet Potato and Lentil Korma with Wholemeal Rice
<b>Vegetables / Salads</b>	Fresh Broccoli Salad Bar	Baked Beans Salad Bar	Fresh Carrots Salad Bar	Garden Peas Salad Bar	Mini Corn on the Cob Salad Bar
<b>Gravy</b>	Gravy		Gravy	Gravy	
<b>Dessert</b>	Homemade Peach Crumble Frozen Yoghurt Cheese and Biscuits Fresh Fruit Pots	Fresh Fruit Salad Organic Fruit Yoghurt Cheese and Biscuits	Homemade Sticky Toffee Muffin Frozen Yoghurt Cheese and Biscuits Fresh Fruit Pots	Homemade Chocolate Cookie Organic Fruit Yoghurt Cheese and Biscuits Fresh Fruit Pots	Homemade Lemon Iced Sponge Organic Fruit Yoghurt Cheese and Biscuits Fresh Fruit Pots
<b>Custard</b>	Custard	Custard	Custard		Custard
<b>Bread Basket</b>	French Stick and Sliced Wholemeal Bread	Sliced White and Wholemeal Bread	French Stick and Sliced Wholemeal Bread	Sliced White and Wholemeal Bread	French Stick and Sliced Wholemeal Bread
<b>Milk Bar</b>	Semi Skimmed Milk	Semi Skimmed Milk	Semi Skimmed Milk	Semi Skimmed Milk	Semi Skimmed Milk

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meat / Fish Choice</b>	Homemade Beef Bolognese with Pasta	Homemade Meat Balls in Tomato Sauce with Cous Cous	Roast Chicken and Stuffing with Roast Potatoes	Oven Baked Fish Fingers with Creamy Mashed Potatoes	Homemade Cajun Chicken with Wholemeal Rice
<b>Vegetarian Choice</b>	Baked Potato with Quorn Chilli	Homemade Macaroni Cheese	Homemade Quorn Cottage Pie	Penne Pasta with a Sweet Tomato and Basil Sauce	Quorn Frankfurter in a Roll with Tomato Relish and Oven Baked Chips
<b>Vegetables / Salads</b>	Fresh Carrots Salad Bar	Baked Beans Salad Bar	Fresh Broccoli Salad Bar	Mini Corn on the Cob Salad Bar	Garden Peas Salad Bar
<b>Gravy</b>	Gravy		Gravy		
<b>Dessert</b>	Fresh Fruit Salad Frozen Yoghurt Cheese and Biscuits	Homemade Apple Sponge Organic Fruit Yoghurt Cheese and Biscuits Fresh Fruit Pots	Fruit in Jelly with Ice Cream Organic Fruit Yoghurt Cheese and Biscuits Fresh Fruit Pots	Homemade Chocolate Muffin Frozen Yoghurt Cheese and Biscuits Fresh Fruit Pots	Homemade Shortbread Biscuit with Flavoured Milk Organic Fruit Yoghurt Cheese and Biscuits Fresh Fruit Pots
<b>Custard</b>	Custard	Custard		Custard	
<b>Bread Basket</b>	Sliced White and Wholemeal Bread	French Stick and Sliced Wholemeal Bread	Sliced White and Wholemeal Bread	French Stick and Sliced Wholemeal Bread	Sliced White and Wholemeal Bread
<b>Milk Bar</b>	Semi Skimmed Milk	Semi Skimmed Milk	Semi Skimmed Milk	Semi Skimmed Milk	Semi Skimmed Milk

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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meat / Fish Choice</b>	Roast Turkey with Roast Potatoes	Homemade Fish Pie with New Potatoes	Homemade Chicken Pasta Bake	Homemade Shepherds Pie	Chicken Nuggets with Tomato Relish and Oven Baked Chips
<b>Vegetarian Choice</b>	Homemade Vegetarian Lasagne	Homemade Margherita Pizza	Quorn Sausages with Yorkshire Pudding and Creamy Mashed Potatoes	Baked Potato with Baked Beans and Coleslaw	Homemade Wholemeal Quorn Wrap with Salad
<b>Vegetables / Salads</b>	Garden Peas Salad Bar	Baked Beans Salad Bar	Mini Corn on the Cob Salad Bar	Fresh Broccoli Salad Bar	Fresh Carrots Salad Bar
<b>Gravy</b>	Gravy			Gravy	
<b>Dessert</b>	Homemade Plum Crumble Frozen Yoghurt Cheese and Biscuits Fresh Fruit Pots	Homemade Iced Bun Organic Fruit Yoghurt Cheese and Biscuits Fresh Fruit Pots	Fresh Fruit Salad Frozen Yoghurt Cheese and Biscuits	Homemade Flapjack Organic Fruit Yoghurt Cheese and Biscuits Fresh Fruit Pots	Homemade Lemon Muffin Organic Fruit Yoghurt Cheese and Biscuits Fresh Fruit Pots
<b>Custard</b>	Custard	Custard	Custard	Custard	Custard
<b>Bread Basket</b>	French Stick and Sliced Wholemeal Bread	Sliced White and Wholemeal Bread	French Stick and Sliced Wholemeal Bread	Sliced White and Wholemeal Bread	French Stick and Sliced Wholemeal Bread
<b>Milk Bar</b>	Semi Skimmed Milk	Semi Skimmed Milk	Semi Skimmed Milk	Semi Skimmed Milk	Semi Skimmed Milk

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**Salad Bar Week 1**

Monday	Tuesday	Wednesday	Thursday	Friday
Cucumber	Cucumber	Cucumber	Cucumber	Cucumber
Tomatoes	Tomatoes	Tomatoes	Tomatoes	Tomatoes
Lettuce	Lettuce	Lettuce	Lettuce	Lettuce
Carrot Sticks	Grated Carrot	Carrot Sticks	Grated Carrot	Carrot Sticks
Chopped Dates	Sultanas	Raisins	Coleslaw	Chopped Dates
Coleslaw	Beetroot	Five Bean Salad	Beetroot	Sweetcorn
Mixed Peppers	Sweetcorn	Mixed Peppers	Sweetcorn	Mushroom Salad
Rice Salad	Potato Salad	Pasta Salad	Cous Cous	Rice Salad

**Salad Bar Week 2**

Monday	Tuesday	Wednesday	Thursday	Friday
Cucumber	Cucumber	Cucumber	Cucumber	Cucumber
Tomatoes	Tomatoes	Tomatoes	Tomatoes	Tomatoes
Lettuce	Lettuce	Lettuce	Lettuce	Lettuce
Grated Carrot	Carrot Sticks	Carrot and Sultana	Grated Carrot	Carrot Sticks
Raisins	Chopped Dates	Mushroom Salad	Sultanas	Chopped Dates
Coleslaw	Sweetcorn	Coleslaw	Sweetcorn	Coleslaw
Beetroot	Mixed Peppers	Beetroot	Sliced Peppers	Five Bean Salad
Pasta Salad	Potato Salad	Rice Salad	Pasta Salad	Cous Cous



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**Salad Bar Week 3**

Monday	Tuesday	Wednesday	Thursday	Friday
Cucumber	Cucumber	Cucumber	Cucumber	Cucumber
Tomatoes	Tomatoes	Tomatoes	Tomatoes	Tomatoes
Lettuce	Lettuce	Lettuce	Lettuce	Lettuce
Grated Carrots	Carrot Sticks	Grated Carrot	Carrot Sticks	Grated Carrots
Sultana	Chopped Dates	Raisins	Sultanas	Chopped Dates
Coleslaw	Five Bean Salad	Mixed Peppers	Sweetcorn	Beetroot
Mixed Peppers	Sweetcorn	Beetroot	Coleslaw	Mushroom Salad
Pasta Salad	Cous Cous	Rice Salad	Potato Salad	Pasta Salad

**Salad Bar Week 4**

Monday	Tuesday	Wednesday	Thursday	Friday
Cucumber	Cucumber	Cucumber	Cucumber	Cucumber
Tomatoes	Tomatoes	Tomatoes	Tomatoes	Tomatoes
Lettuce	Lettuce	Lettuce	Lettuce	Lettuce
Carrot Sticks	Grated Carrot	Carrot Sticks	Carrot and Sultana	Carrot Sticks
Raisins	Sultana	Raisins	Beetroot	Coleslaw
Coleslaw	Beetroot	Mixed Peppers	Sweetcorn	Sliced Peppers
Sweetcorn	Chick Pea Salad	Coleslaw	Mushroom Salad	Carrot Sticks
Cous Cous	Rice Salad	Potato Salad	Pasta Salad	Cous Cous