



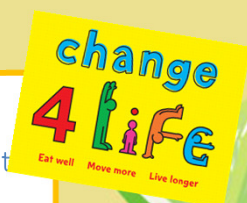
Ellen Wilkinson Primary School



Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Fish Choice	Meatballs in Tomato Sauce	Chicken & Mushroom Potato Bake	Roast Chicken Drumstick with Yorkshire Pudding	Meat & Vegetable Jolloff Rice	Chilli Con Carne with Rice
Meat Choice	Cod Fillet with Herb Crust	Tuna & Pepper Pizza	Summer Salmon Salad Wrap	Spicy Tuna Pasta Bake	Fish Fingers
Vegetarian Choice	Butternut Squash Macaroni Cheese	Cheese & Tomato Pizza	Shepherdess Pie	Sweet Potato & Quorn Curry	Veggie Chilli Burrito
Vegetable Selection	Fresh Cauliflower Fresh Broccoli	Green Beans Sweetcorn	Organic Carrots Cabbage	Mini Corn Cobettes Mixed Peppers	Garden Peas Baked Beans
Dessert	Fruit Smoothie	Apple Flapjack with Custard	Fruit Jelly & Ice Cream	Berry Cheesecake	Lemon & Courgette Cake with Custard

Daily Selection also includes :
Salad Bar , Fresh Fruit, Yoghurt, Cheese & Biscuits
Selection of Sandwiches. Additional bread .



Halal & non Halal meat served
 All fish from sustainable sources
 *indicates 'home made' dish
Items subject to availability





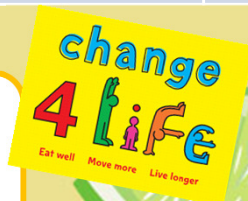
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Menu Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Fish Choice	Oven Baked Sausages	Homemade Lasagne	Roast Turkey with Stuffing	Homemade Chicken Tagine	Lamb Keema with Naan
Meat Choice	Italian Style Baked Fish	Salmon & Cod Biryani	Cod in Cheese Sauce	Tuna & Sweetcorn Hoagie Melt	Fish in Batter with Fresh Lemon
Vegetarian Choice	Vegetable Moussaka	Sticky Quorn Sausages	Spinach & Feta Pinwheel	Chick Pea Dhal	Homemade Vegetable Bean Burger
Vegetable Selection	Sweetcorn Green Beans	Fresh Cauliflower Garden Peas	Organic Carrots Cabbage	Fresh Broccoli Mixed Peppers	Garden Peas Baked Beans
Dessert	Pancakes with Fruit & Ice Cream	Eton Mess Cake	Date & Apple Sponge with Custard	Peach & Pear Crumble with Custard	Fruit & Strawberry Yoghurt Ice Cream

Daily Selection also includes :
Salad Bar , Fresh Fruit, Yoghurt, Cheese & Biscuits
Selection of Sandwiches. Additional bread .



Halal & non Halal Meat served
 All fish from sustainable sources
 *indicates 'home made' dish
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Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Fish Choice	Spaghetti Bolognese	Chicken Korma with Naan Bread	Roast Beef	Jerk Chicken Drumsticks	Chicken Fajita
Meat Choice	Homemade Cod Crumble	Fish Fingers	White Fish Fillet with Parsley Sauce	Tuna French Bread Pizza	White Fish Bake
Vegetarian Choice	Vegetable Stir Fry	Cheese, Tomato & Broccoli Quiche	Jacket Potato with Cheese & Beans	Vegetable, Lentil & Coconut Curry	Homemade Spanish Omelette
Vegetable Selection	Fresh Cauliflower Broccoli	Roasted Vegetables Green Beans	Organic Carrots Cabbage	Sweetcorn Jamaican Slaw	Baked Beans Garden Peas
Dessert	Raspberry Mousse Slice	Citrus & Coconut Sponge with Custard	Fresh Fruit Meringue Nest	Banana Cake with Custard	Beetroot & Chocolate Brownie

Daily Selection also includes :
Salad Bar , Fresh Fruit, Yoghurt, Cheese & Biscuits
Selection of Sandwiches. Additional bread .



Halal & non Halal Meat served
 All fish from sustainable sources
 *indicates 'home made' dish
Items subject to availability

