













Ellen Wilkinson Primary School Menu from 31st October 2022 to 31st March 2023 (3 choice)



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Meatball Marinara In a Sub Roll with Coleslaw 	Lamb & Lentil Lasagne served Garlic Bread 	Roast Beef & Stuffing served with Roast Potatoes	Greek Style Souvlaki Chicken served with Rice	Fish Fingers with Chips
Choice 2	Quorn Frankfurter Hot Dog with Sauerkraut 	Chicken Curry served with Rice	BBQ Chicken in Folded Flatbread served with Coleslaw	Homemade Pizza Slice 	Veggie Burrito with Chips 
Vegetarian Choice	Vegetarian Pasta & Mixed Bean Bake 	Vegetarian Koftas in Flatbread with Greek Salad 	Autumn Vegetable Tart served with Roast Potatoes 	Vegetable & Chickpea Curry served with Rice 	Veggie Dippers with Chips 
Side Dishes	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Garden Peas Baked Beans
Dessert	Peach Crumble with Custard	Banana & Date Flapjack  	Cinnamon Rice Pudding  	Frozen Yoghurt with Fruit 	Fruit & Jelly with Ice Cream
Daily Options	Fresh Fruit Platter / Fresh Fruit / Yoghurt / Freshly Baked Homemade Bread				

Meat served at this school is: Halal / Halal un-stunned / Non-Halal / Both (please indicate preference)



Vegetarian



Plant Based



New Dish














Sugar Smart



Ellen Wilkinson Primary School Menu from 31st October 2022 to 31st March 2023 (3 choice)



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Chicken Sausages with Mashed Potatoes	Chicken & Vegetable Jollof Rice	Roast Chicken & Yorkshire Pudding with Roast Potatoes	Moroccan Chicken Bake 	Fish in Batter with Baked Jacket Wedges
Choice 2	Piri Piri Chicken Pasta Bake	Jacket Potato with Cheese & Beans Or Tuna Mayo	Spinach & Feta Whirl served with Roast Potatoes 	Ratatouille Ravioli 	Mexican Chicken Burrito
Vegetarian Choice	Thai Style Veggie Rice Bowl 	Sweet Potato Macaroni Cheese 	Forest Green Rovers Vegan Burger in Bun with Salad 	Vegan Tagine served with Couscous 	Vegetarian Sausage Roll with Baked Jacket Wedges 
Side Dishes	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Garden Peas Baked Beans
Dessert	Raspberry Ice Cream Sponge Roll	Marble Cake & Custard 	Mandarin Cheesecake 	Lemon & Courgette Cake with Custard 	Waffles with Fruit & Ice Cream
Daily Options	Fresh Fruit Platter / Fresh Fruit / Yoghurt / Freshly Baked Homemade Bread				

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Ellen Wilkinson Primary School Menu from 31st October 2022 to 31st March 2023 (3 choice)



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Chicken Burger in a Bun with Salad & Jacket Wedges	Spaghetti Bolognese With Garlic Bread	Roast Turkey served with Yorkshire Pudding & Roast Potatoes	Chicken & Vegetable Pie with Mashed Potatoes	Fish Fingers served with Baked Jacket Wedges
Choice 2	Lamb & Lentil Keema served with Raita & Naan Bread 	Fish Biryani	Red Pepper Frittata with Roast Potatoes	Falafel & Houmous Wrap 	Tandoori Chicken In Naan with Salad
Vegetarian Choice	Mixed Bean Quesadilla 	Vegetable Samosa served with Rice & Dhal 	Vegetable Toad in the Hole with Roast Potatoes 	Red Lentil Pasta Bake 	Quorn Pattie Muffin with Baked Jacket Wedges  
Side Dishes	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Baked Beans Garden Peas
Dessert	Frozen Yoghurt With Fruit	Banana & Honey Slice  	Apple Crunch Fingers served with Ice Cream 	Sticky Orange Sponge & Custard 	Strawberry Mousse
Daily Options	Fresh Fruit Platter / Fresh Fruit / Yoghurt / Freshly Baked Homemade Bread				

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Vegetarian



Plant Based



New Dish



Sugar Smart

