

YOUR MENU @

PRIMARY SCHOOL

Autumn - Winter 2023/24

WEEK I

Monday

Tuesday

Wednesday

Thursday

Friday

Main Choice

Sweet Chilli Meatballs with Pasta

Fish Pie

Roast Chicken & Stuffing served with **Roast Potatoes**

Shepherd's Pie

Fish Fingers with Chips

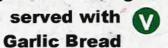
Vegetarian Choice

Vegetarian Pasta 🔢 & Mixed Bean Bake

Sweetcorn

Fresh Broccoli

Vegetarian Lasagne served with



Cheese & Leek Flan served with

Roast Potatoes

Vegetable & **Lentil Pasta Bake** **Veggie Dippers** with Chips

Vegetable Selection

Green Beans Fresh Carrots Seasonal Fresh Vegetables

Mixed Vegetables Sweetcorn

Garden Peas Baked Beans

Dessert of the Day

Frozen Yoghurt with Fruit

Banana Slice 🥨 (egg free)

Rice Pudding with Jam

Apple Crumble with Custard

Fruit & Jelly with Ice Cream

Daily Options

Salad Bar / Freshly

Fresh Fruit / Fruit Yoghurt



30 OCT, 20 NOV, 11 DEC, 1 JAN, 22 JAN, 19 FEB, 11 MAR

MEAT SERVED AT THIS SCHOOL IS HALAL & non HALAL





















YOUR MENU @

Autumn - Winter 2023/24

WEEK 2

Monday

Tuesday

Wednesday

Thursday

Friday

Main Choice

Chicken Sausages with **Mashed Potatoes**

Vegetable Jollof Rice

Lamb or Chicken* &

Roast Chicken & Yorkshire Pudding with Roast Potatoes

Greek Style Souvlaki Chicken with Rice

Fish Fingers with Jacket Wedges

Vegetarian Choice

Sweetcorn

Fresh Broccoli

Thai Style Veggie

Rice Bowl

Sweet Potato Macaroni Cheese

Spinach & Feta Whirl served with **Roast Potatoes**

Ratatouille Ravioli

Vegetarian Burrito Jacket Wedges

Vegetable Selection

Fresh Carrots **Green Beans**

Fruit Pudding

& Custard

(egg free)



Seasonal Fresh Vegetables

Mixed Vegetables Sweetcorn

Garden Peas Baked Beans

Dessert of the Day

Raspberry Ice Cream Sponge Roll

Mandarin Cheesecake Lemon & Courgette Cake with Custard

Waffles with Fruit & Ice Cream

Daily Options

Salad Bar / Freshly

Fresh Fruit / Fruit Yoghurt

WEEK 2

6 NOV, 27 NOV, 18 DEC, 8 JAN, 29 JAN, 26 FEB, 18 MAR

MEAT SERVED AT THIS SCHOOL IS HALAL & non HALAL





















YOUR MENU @

Autumn - Winter 2023/24

WEEK 3

Monday

Tuesday

Wednesday

Roast Chicken

Thursday

Friday

Fish Fingers

served with Baked

Jacket Wedges

Vegetarian Choice

Vegetable Selection

Lamb Burger in a Bun with Salad & **Herby Diced Potatoes**

Spaghetti Bolognese with Garlic Bread

Jacket Potato

served with Yorkshire Pudding & Roast Potatoes

Veggie & Lentil Pasta Bake

Mixed Vegetables

Chocolate Sponge & Chocolate Custard

Sweetcorn

Main Choice

Veggie Keema served with

Raita & Naan Bread

Sweetcorn

Fresh Broccoli

Frozen Yoghurt

with Fruit

with Cheese & Beans

> **Green Beans Fresh Carrots**

Carrot Cake

(egg free)

Sweet Pepper & Feta Frittata

with **Roast Potatoes**

Seasonal Fresh Vegetables

Fruit Smoothie

Chicken & Vegetable Pie with **Mashed Potatoes**

Baked Jacket Wedges

Quorn Pattie Muffin

Garden Peas Baked Beans

Strawberry Mousse with Fresh Fruit

Dessert of the Day

Daily Options

Salad Bar / Freshly

Fresh Fruit / Fruit Yoghurt

WEEK 3

13 NOV 4 DEC 15 JAN 5 FEB 4 MAR 25 MAR

Eat for Free Scheme funded by Newham London





MEAT SERVED AT THIS SCHOOL IS HALAL & non HALAL









ND - New Dish (FGR) - In association with Forest Green Rovers

