



LOWFELD PRIMARY

2022 - 23 TERM 1 MENU



WEEK ONE		GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEKS COMMENCING: 12/09/22 : 03/10/22 : 24/10/22 : 14/11/22 : 05/12/22	Main Course	Macaroni Cheese	Chicken Chow Mein with Noodles	Roast Chicken with Roast Potatoes, Yorkshire Pudding & Gravy	Chicken Burger in a Bun with Baked Potato Wedges	Fish Fingers with Chips & Tomato Sauce
	Vegetarian Main Course	Tomato & Mozzarella Tart with Rice	Cheese & Tomato Pizza with Jacket Wedges	Quorn Roast with Roast Potatoes, Yorkshire Pudding & Gravy	Veggie Grill in a Bun with Baked Potato Wedges	Cheese Pastry Roll with Chips & Tomato Sauce
	Halal/Vegetarian	Macaroni Cheese	Halal Chicken Chow Mein with Noodles	Halal Chicken Breast with Roast Potatoes, Yorkshire Pudding & Gravy	Halal Chicken Burger in a Bun with Baked Potato Wedges	Fish Fingers with Chips & Tomato Sauce
	Jacket Potato & Filling	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans, Salmon Mayo or Tuna Mayo
	Sandwiches	Cheese Sandwich	Tuna Mayo Sandwich	Tuna Mayo Wrap	Cheese Sandwich	Cheese Sandwich
	Vegetables	Green Beans Sweetcorn	Broccoli Fresh Carrots	Cauliflower Seasonal Greens	Sweetcorn Carrots & Mixed Salad	Baked Beans Garden Peas
	Dessert	Vanilla Crunch	Ginger Sponge & Chocolate Sauce or Custard	Ice Cream & Banana	Shortbread Finger & Fruit Wedges	Chocolate Crunch
WEEK TWO		GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEKS COMMENCING: 29/08/22 : 19/09/22 : 10/10/22 : 31/10/22 : 21/11/22 : 12/12/22	Main Course	Tomato & Basil Pasta	Chicken Pasta	Roast Chicken with Stuffing, Roast Potatoes & Gravy	Chicken & Sweetcorn Meatballs in a Tomato Sauce with Rice	Fish Fingers & Chips with Tomato Sauce
	Vegetarian Main Course	Veggie Hot Dog with Onions and Baked Potato Wedges	Cheese & Tomato Pizza with Half Jacket Potato	Roast Veggie Balls with Stuffing, Roast Potatoes & Gravy	Veggie Burger with Potato Wedges	Vegetable Nuggets & Chips with Tomato Sauce
	Halal/Vegetarian	Tomato & Basil Pasta	Halal Lamb Pasta Bolognese & Garlic Bread	Halal Chicken Breast with Stuffing, Roast Potatoes & Gravy	Halal Chicken & Sweetcorn Meatball in a Tomato Sauce with Rice	Fish & Chips with Tomato Sauce
	Jacket Potato & Filling	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo
	Sandwiches	Cheese Sandwich	Tuna Mayo Sandwich	Tuna Mayo Wrap	Cheese Sandwich	Cheese Sandwich
	Vegetables	Sweetcorn Garden Peas	Green Beans Cauliflower	Carrots Savoy Cabbage	Broccoli Sweetcorn	Baked Beans Garden Peas
	Dessert	Oaty Crunchy Biscuit	Fresh Fruit Salad	Jelly & Mandarins	Jam Sponge & Custard	Chocolate Brownie
WEEK THREE		GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEKS COMMENCING: 05/09/22 : 26/09/22 : 17/10/22 : 07/11/22 : 28/11/22	Main Course	Veggie Meatballs in a Tomato Sauce & Rice	Chicken Pie with Mashed Potato	Roast Chicken with Roast Potatoes, Stuffing & Gravy	Pork Sausage & Mash with Gravy	Fish Fingers & Chips with Tomato Sauce
	Vegetarian Main Course	Spicy Chickpea & Lentil Wrap with Rice	Cheese & Tomato Pizza with Pasta Salad	Quorn Roast with Roast Potatoes, Stuffing & Gravy	Veggie Sausage & Mash with Gravy	Cheese Flan & Chips with Tomato Sauce
	Halal/Vegetarian	Veggie Meatballs in a Tomato Sauce & Rice	Halal Chicken & Sweetcorn Pie with Mashed Potato	Halal Chicken Breast with Roast Potatoes, Stuffing & Gravy	Halal Lamb Kofta & Mash with Gravy	Fish Fingers & Chips with Tomato Sauce
	Jacket Potato & Filling	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo
	Sandwiches	Cheese Sandwich	Tuna Mayo Sandwich	Tuna Mayo Wrap	Tuna Mayo Sandwich	Fish Finger Sandwich
	Vegetables	Mixed Vegetables Garden Salad	Broccoli Sweetcorn	Winter Greens Cauliflower	Green Beans Baked Beans Carrots	Baked Beans Garden Peas
	Dessert	Hobnob Cookie with Apple Smiles	Jelly & Mandarins	Flapjack Finger & Custard	Lemon Drizzle Cake	Frozen Toffee Yoghurt

Yoghurt and fruit will also be available each day as an alternative to dessert. A selection of breads, salads and fresh drinking water will be available daily.

Colours in the left column represent the band your child should choose for the meal that day