

LOWFIELD PRIMARY

TAYLOR SHAW PRIMARY AUTUMN WINTER 2018/2019 PROPOSED MENU

WEEK ONE

PRIMARY MENU WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Turkey Meatballs with Crushed Potatoes and Tomato sauce	Beef Lasagne with Garlic Dough Balls	Roast of The Day, with Roast Potatoes, Stuffing and Gravy	Chicken Curry with Rice and Garlic Naan Bread	Fish Fingers with Chips
Vegetarian Main Course	Macaroni Cheese	Vegetable Sausages with Gravy & Mash	Roast Quorn with Roast Potatoes, Stuffing & Gravy	Vegetable Tortilla Lasagne with Garlic Doughballs	Vegetable Spring Roll with a Curry Sauce and Chips
Halal	Macaroni Cheese	Halal Lamb Lasagne With Garlic Doughballs	Halal Roast Chicken with Roast Potatoes, Stuffing & Gravy	Halal Chicken Curry with Rice and Garlic Naan Bread	Fish Fingers with Chips
Jacket Potato and Filling	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise
Sandwiches	Tuna Mayo Sandwich	Cheese Sandwich	Tuna Mayo Sandwich	Cheese Sandwich	Egg Mayo Sandwich
Vegetables	Garden Peas & Broccoli	Fresh Carrots & Sweetcorn	Sliced Green Beans & Savoy Cabbage	Roasted Peppers, Sweetcorn & Cauliflower	Garden Peas & Baked Beans
Salads	Seasonal Salad Selection Tomato and Basil Pasta Salad	Seasonal Salad Selection Turmeric Rice Salad	Seasonal Salad Selection Grated Carrot & Sultana Salad	Seasonal Salad Selection Creamy Coleslaw Salad	Seasonal Salad Selection Roasted Vegetable Pasta Salad
Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread
Dessert	Banana & Chocolate Muffin	Cherry and Sultana Flapjack	Fruit Jelly & Ice cream	Pear and Cinnamon Cake with Custard	Chocolate Brownie
Yoghurts	Mango Yoghurt	Peach and Vanilla Yoghurt	Strawberry Yoghurt	Passion Fruit Yoghurt	Raspberry Yoghurt
Fruit	Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection

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WEEK TWO

PRIMARY MENU WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Salmon and Tuna Pasta Bake and Garlic Bread	Meat and Potato Pie	Our Roast of The Day, with Mashed Potatoes, Yorkshire Pudding and Gravy	Beef Shepherd's Pie with Gravy	Fish Fingers with Chips
Vegetarian Main Course	Vegetable Pizza Slice with Half Jacket Potato and Salad	Roasted Winter Vegetable Casserole Topped with Cheesy Croutons	Roast Quorn served with Mashed Potatoes, Yorkshire Pudding & Gravy	Vegetable Curry with Coriander Rice	Bean Burrito with Vegetable Chips and Tomato Sauce
Halal	Vegetable Pizza Slice with Salad	Halal Lamb and Potato Pie	Halal Roast Chicken with Mashed Potatoes with Yorkshire Pudding & Gravy	Halal Lamb Shepherd's Pie with Gravy	Fish Fingers with Chips or Baked Wedges
Jacket Potato and Filling	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise
Sandwiches	Tuna Mayo Sandwich	Cheese Sandwich	Tuna Mayo Sandwich	Cheese Sandwich	Egg Mayo Sandwich
Vegetables	Garden Peas & Baked Beans	Sweetcorn & Broccoli	Sliced Green Beans & Fresh Carrots	Braised Red Cabbage & Sweetcorn	Garden Peas & Baked Beans
Salads	Seasonal Salad Selection Tomato and Basil Pasta Salad	Seasonal Salad Selection Turmeric Rice Salad	Seasonal Salad Selection Grated Carrot & Sultana Salad	Seasonal Salad Selection Creamy Coleslaw Salad	Seasonal Salad Selection Roasted Vegetable Pasta Salad
Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread
Dessert	Apple Crumble with Custard	Fruity Flapjack	Fruit Jelly with Ice cream	Banana Gingerbread Pudding with Custard	Blueberry Muffin/Cake
Yoghurts	Mango Yoghurt	Cherry and Vanilla Yoghurt	Strawberry Yoghurt	Passion Fruit Yoghurt	Raspberry Yoghurt
Fruit	Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection

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WEEK THREE

PRIMARY MENU WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Chicken Sausages & Mash with Gravy	Beef Bolognese with Penne Pasta	Our Roast of The Day with Mashed Potatoes, Stuffing and Gravy	Chicken with Rice and Tomato Sauce	Fish Fingers with Chips
Vegetarian Main Course	Cheesy Tomato and Basil Pasta	Mexican Bean Stew with a Tomato Sauce and Flatbread	Roast Quorn or Lentil Bake with Mashed Potatoes, Stuffing & Gravy	Chickpea and Aubergine Curry with Rice	Vegetarian Brunch: Vegetarian Sausage, Baked Beans, Mushroom & Hash Browns
Halal	Cheesy Tomato and Basil Pasta	Halal Lamb Bolognese with Penne Pasta	Halal Roast Chicken with Mashed Potatoes, Stuffing & Gravy	Halal Chicken with Rice and Tomato Sauce	Fish Fingers with Chips
Jacket Potato and Filling	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise
Sandwiches	Tuna Mayo Sandwich	Cheese Sandwich	Tuna Mayo Sandwich	Cheese Sandwich	Egg Mayo Sandwich
Vegetables	Peas & Broccoli	Sliced Beans & Sweetcorn	Carrots & Savoy Cabbage	Roasted Mediterranean Vegetables & Broccoli	Garden Peas & Baked Beans
Salads	Seasonal Salad Selection Tomato and Basil Pasta Salad	Seasonal Salad Selection Turmeric Rice Salad	Seasonal Salad Selection Grated Carrot & Sultana Salad	Seasonal Salad Selection Creamy Coleslaw Salad	Seasonal Salad Selection Roasted Vegetable Pasta Salad
Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread	Daily Fresh Bread
Dessert	Eves Pudding & Custard	Flapjack	Fruit Jelly & Ice Cream	Banana Muffin	Chocolate Crunch Slices
Yoghurts	Peach and Vanilla Yoghurt	Strawberry Yoghurt	Passion Fruit Yoghurt	Raspberry Yoghurt	Mango Yoghurt
Fruit	Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection