



WOODSEATS PRIMARY



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

WEEK ONE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEKS COMMENCING: 22/4/19 : 13/5/19 : 3/6/19 : 24/6/19 : 15/7/19 : 5/8/19 : 26/8/19 : 16/9/19 : 7/10/19 : 28/10/19	Main Course	Beef Burger in a Bun with Homemade Wedges and Tomato Ketchup	Cheese & Tomato Pizza with Half Jacket Potato	Roast Chicken with Roast Potatoes, Yorkshire Pudding & Gravy	Homemade Chicken Pie with Mashed Potato and Gravy	Fish Fingers and Chips with Tomato Ketchup or Vinegar
	Vegetarian Main Course	Veggie Burger in a Bun with Homemade Wedges and Tomato Ketchup	Cheese & Tomato Pizza with Half Jacket Potato	Quorn Roast with Roast Potatoes, Yorkshire Pudding & Gravy	Vegetable and Lentil Pie with Mashed Potatoes & Gravy	Vegetable Nuggets with Chips and Tomato Sauce
	Jacket Potato & Filling	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo
	Sandwiches	Cheese Breadcake	Tuna Wrap	Hot Roast Baguette	Ham Breadcake	Cheese Breadcake
	Vegetables	Sweetcorn & Carrot Sticks	Green Beans & Broccoli/Mixed Salad	Cauliflower & Peas	Mixed Vegetables & Carrots	Garden Peas & Baked Beans
	Dessert	Lemon Cake with Custard	Chocolate Crispy	Frozen Toffee Yoghurt with Banana	Jam Sponge with Custard	Ginger Biscuit with Orange Wedges
WEEK TWO		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEKS COMMENCING: 29/4/19 : 20/5/19 : 10/6/19 : 1/7/19 : 22/7/19 : 12/8/19 : 2/9/19 : 23/9/19 : 14/10/19	Main Course	Traditional Sausage & Mash with Gravy	Cheese & Tomato Pizza with Half Jacket Potato	Roast Chicken with Stuffing, Mashed Potatoes and Gravy	Minced Beef Pie with Jacket Wedges and Gravy	Fish and Chips with Tomato Ketchup or Vinegar
	Vegetarian Main Course	Vegetarian Sausage & Mash with Gravy	Cheese & Tomato Pizza with Half Jacket Potato	Quorn Roast with Stuffing, Mashed Potatoes and Gravy	Vegetarian Mince & Onion Pie with Jacket Wedges & Gravy	Quorn Fajita
	Jacket Potato & Filling	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo
	Sandwiches	Cheese Breadcake	Tuna Wrap	Hot Roast Baguette	Ham Breadcake	Fish Finger Wrap
	Vegetables	Broccoli & Mixed Vegetables	Carrots & Cauliflower	Savoy Cabbage & Sweetcorn	Green Beans & Carrots	Garden Peas & Baked Beans
	Dessert	Ginger Sponge with Custard	Fruity Flapjack with Custard	Frozen Strawberry Yoghurt & Peaches	Oaty Biscuit with Fruit Wedges	Chocolate Muffin/Traybake
WEEK THREE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEKS COMMENCING: 6/5/19 : 27/5/19 : 17/6/19 : 8/7/19 : 29/7/19 : 19/8/19 : 9/9/19 : 30/9/19 : 21/10/19	Main Course	Meatballs in Tomato Sauce with Pasta	Chicken Curry with Wholegrain Rice	Roast Chicken with Yorkshire Pudding and Roast Potatoes and Gravy	Pasta Bolognese with Garlic Bread	Fish Fingers and Chips with Tomato Ketchup or Vinegar
	Vegetarian Main Course	Quorn Meatballs in Tomato Sauce with Pasta	Macaroni Cheese	Quorn Roast with Yorkshire Pudding and Roast Potatoes and Gravy	Bean Bake with Potato Wedges	Cheese Flan with Chips
	Jacket Potato & Filling	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Salmon Mayo
	Sandwiches	Cheese Breadcake	Tuna Wrap	Hot Roast Baguette	Ham Breadcake	Fish Finger Wrap
	Vegetables	Garden Peas & Fresh Salad	Carrots & Sweetcorn	Spring Cabbage & Mixed Vegetables	Cauliflower & Sliced Green Beans	Garden Peas & Baked Beans
	Dessert	Sticky Toffee Pudding with Custard	Chocolate Crunch with Custard	Jelly & Fruit	Carrot Cake with Icing	Oaty Biscuit with Orange Wedge

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.