



# BRADFIELD DUNGWORTH PRIMARY

## SPRING SUMMER 2019 MENU

### WEEK ONE



| PRIMARY MENU WEEK 1              | MONDAY   | TUESDAY                                       | WEDNESDAY  | THURSDAY  | FRIDAY  |
|----------------------------------|--|---|--|---|---|
| <b>Main Course</b>               | Beef Burger in a Bun with Homemade Wedges and Tomato Ketchup | Shepherd's Pie with Gravy                     | 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 |
| <b>Vegetarian Main Course</b>    | Veggie Chilli with Wholegrain Rice and Homemade Nachos       | Cheese & Tomato Pizza with Half Jacket Potato | Quorn Roast with Roast Potatoes, Yorkshire Pudding & Gravy   | Vegetarian Sausage & Tomato Pasta Bake            | Vegetable Enchilada                                   |
| <b>Jacket Potato and Filling</b> | 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          |
| <b>Sandwiches</b>                | Cheese   | Tuna  | Hot Roast Sandwich   | Ham   | Egg   |
| <b>Vegetables</b>                | Sweetcorn & Carrot Sticks                                    | Green Beans & Broccoli/ Mixed Salad           | Cauliflower & Peas   | Mixed Vegetables & Carrots                        | Garden Peas & Baked Beans                             |
| <b>Salads</b>                    | Rainbow Rice Salad   | Pasta Salad                                   | Chickpea Salad   | Potato Salad                                      | Creamy Coleslaw                                       |
| <b>Dessert</b>                   | Lemon Cake with Custard                                      | Chocolate Crispy                              | Frozen Toffee Yoghurt with Banana                            | Jam Sponge with Custard                           | Ginger Biscuit with Orange Wedges                     |

**Available Daily**

Fresh Bread, Salad Bar, Fresh Fruit and Yoghurts





# BRADFIELD DUNGWORTH PRIMARY

## SPRING SUMMER 2019 MENU

### WEEK TWO

| PRIMARY MENU WEEK 2              | MONDAY                                       | TUESDAY  | WEDNESDAY  | THURSDAY                                     | FRIDAY  |
|----------------------------------|--|--|--|--|---|
| <b>Main Course</b>               | Traditional Sausage & Mash with Gravy        | Chicken in a Tomato Sauce with Wholegrain Rice | Roast Chicken with Stuffing, Mashed Potatoes and Gravy | Minced Beef Pie with Jacket Wedges and Gravy | Fish and Chips with Tomato Ketchup or Vinegar |
| <b>Vegetarian Main Course</b>    | Veggie Mince Pasta Bolognese                 | Cheese & Tomato Pizza with Half Jacket Potato  | Quorn Roast with Stuffing, Mashed Potatoes and Gravy   | Tomato and Basil Pasta with Garlic Bread     | Quorn Fajita                                  |
| <b>Jacket Potato and Filling</b> | 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  |
| <b>Sandwiches</b>                | Cheese                                       | Tuna   | Hot Roast Sandwich                                     | Ham  | Fish Finger Wrap                              |
| <b>Vegetables</b>                | Broccoli & Mixed Vegetables                  | Carrots & Cauliflower                          | Savoy Cabbage & Sweetcorn                              | Green Beans & Carrots                        | Garden Peas & Baked Beans                     |
| <b>Salads</b>                    | Creamy Coleslaw                              | Potato Salad                                   | Grated Carrot Salad                                    | Tomato Pasta Salad                           | Rainbow Rice Salad                            |
| <b>Dessert</b>                   | Ginger Sponge with Custard                   | Frozen Strawberry Yoghurt & Bananas            | Fruity Flapjack with Custard                           | Oaty Biscuit with Fruit Wedges               | Chocolate Muffin/Traybake                     |

**Available Daily**

Fresh Bread, Salad Bar, Fresh Fruit and Yoghurts





# BRADFIELD DUNGWORTH PRIMARY

## SPRING SUMMER 2019 MENU

### WEEK THREE

| PRIMARY MENU WEEK 3              | MONDAY  | TUESDAY                                      | WEDNESDAY   | THURSDAY                                     | FRIDAY  |
|----------------------------------|---|--|---|--|---|
| <b>Main Course</b>               | 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 |
| <b>Vegetarian Main Course</b>    | Cheese & Tomato Pizza Slice with Half Jacket Potato | Macaroni Cheese                              | Quorn Roast with Yorkshire Pudding and Roast Potatoes and Gravy   | Bean Bake with Potato Wedges                 | Vegetable Curry with Wholegrain Rice                  |
| <b>Jacket Potato and Filling</b> | 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        |
| <b>Sandwiches</b>                | Cheese  | Tuna   | Hot Roast Sandwich  | Ham  | Fish Finger Wrap                                      |
| <b>Vegetables</b>                | Garden Peas & Fresh Salad                           | Carrots & Sweetcorn                          | Spring Cabbage & Mixed Vegetables                                 | Cauliflower & Sliced Green Beans             | Garden Peas & Baked Beans                             |
| <b>Salads</b>                    | Creamy Coleslaw                                     | Rice Salad                                   | Fruity Cous Cous  | Mixed Bean Salad                             | Tomato Pasta Salad                                    |
| <b>Dessert</b>                   | Sticky Toffee Pudding with Custard                  | Chocolate Crunch with Custard                | Oaty Biscuit with Banana  | Carrot Cake with Icing                       | Jelly & Fruit   |

**Available Daily**

Fresh Bread, Salad Bar, Fresh Fruit and Yoghurts

