

# Primary School Lunch Menu

5 September 2016  
26 September 2016  
17 October 2016  
14 November 2016  
5 December 2016  
2 January 2017  
23 January 2017  
13 February 2017

week one

## Monday

Homemade Pizza  
Falafels with Garlic Dip  
Sweetcorn • Baked Beans  
Seasoned Potato Wedges  
Savoury Vegetable Couscous  
Egg and Tomato Sandwich  
Raspberry Ripple Mousse

## Tuesday

Roast Chicken with Gravy\*  
Tagliatelle Carbonara  
Savoy Cabbage • Mixed Vegetables  
Parsley Potatoes  
Tuna Filled Jacket Potato  
Rice Pudding with Jam Sauce

## Wednesday

BBQ Meatball Sub\*  
Turkey Cobbler\*  
Coleslaw  
Carrot Batons • Oven Roast Potatoes  
Cheese Savoury Sandwich  
Chocolate Shortbread  
Custard

## Thursday

Minced Beef Pie\*  
Tuna Tortilla Wedge\*  
Broccoli  
Tomato Salsa • Creamed Potatoes  
Sweet Pepper Rice  
Baked Bean Filled Jacket Potato  
Sticky Toffee Pudding • Custard

## Friday

Fish Fingers GF  
Lasagne\*  
Spaghetti Hoops in Tomato Sauce  
Garden Peas • Chips  
Ham Salad Sandwich  
Spiced Apple Muffin

\*Also available as meat or meat free option.  
Sandwiches and Jacket Potatoes will be available on alternative days. Salad bar, selection of fresh bread and rolls available daily. Alternative Desserts: Fresh fruit, low fat yoghurt, and cheese and biscuits.  
Daily Choice of Drinks to include: Fruit juice drink, reduced fat milk, flavoured, milk chilled drinking water. GF Gluten Free.

12 September 2016  
3 October 2016  
31 October 2016  
21 November 2016  
12 December 2016  
9 January 2017  
30 January 2017

week two

## Monday

Chinese Style Vegetable Curry  
Cheese Omelette  
Baked Beans • Broccoli  
Egg Noodles • Hash Browns  
Baked Bean Filled Jacket Potato  
Frozen Yoghurt

## Tuesday

Chicken Bites with Garlic Mayo\*  
Penne Pasta Ragu  
Beetroot • Sweetcorn  
Country Diced Potatoes  
Ham and Tomato Sandwich  
Pear and Chocolate Sponge  
Custard

## Wednesday

Savoury Minced Beef with Dumpling\*  
Chicken Korma\*  
Carrot Batons • Green Beans  
Baby Jacket Potatoes  
Steamed Rice  
Tuna Filled Jacket Potato  
Strawberry Cupcake

## Thursday

Beef Burger in Bun\*  
Pork Tenderloin\* with Sage  
and Onion Stuffing  
Mixed Vegetables • Baked Beans  
Oven Roast Potatoes  
Egg and Cress Sandwich  
Pineapple Upside Down Cake • Custard

## Friday

Salmon Fish Fingers  
with Tomato Relish  
Homemade Hawaiian Pizza\*  
Minted Peas • Red Slaw  
Chips  
Chicken Mayo Filled Jacket Potato  
Anzac Biscuit

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19 September 2016  
10 October 2016  
7 November 2016  
28 November 2016  
19 December 2016  
16 January 2017  
6 February 2017

week three

## Monday

Fish Goujons  
Carrot and Leek Quiche  
Garden Peas • Coleslaw  
Country Diced Potatoes  
Tuna Sandwich  
Warm Apple Crumble with Ice Cream

## Tuesday

Spicy Chicken and Spinach Curry\*  
Baked Sausages\*  
Broccoli  
Spaghetti Hoops in Tomato Sauce  
Steamed Rice • Oven Roast Potatoes  
Cheese Filled Jacket Potato  
Ginger Snap Biscuit

## Wednesday

Pasta Bolognese\*  
Southern Style Chicken Fillet  
with Garlic Mayo\*  
Green Beans  
Sweetcorn  
Baby Jacket Potatoes  
Ham Sandwich  
Chocolate Brownie • Chocolate Sauce

## Thursday

Roast Beef with Yorkshire Pudding\*  
Homemade Pizza Margherita  
Carrot and Swede Medley  
Beetroot  
Mashed Potatoes  
Seasoned Potato Wedges  
Baked Bean Filled Jacket Potato  
Lemon Drizzle Muffin

## Friday

Battered Fish Portion GF  
Lamb Kofta in Pitta\* Bread  
with Yoghurt and Mint Raita  
Apple and Cucumber Salad  
Chips • Couscous  
Turkey Salad Sandwich  
Fruity Flapjack • Custard

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September 2016 - February 2017



Red Tractor Assurance

Newcastle City Council