

PRIMARY MENUS from September 2018 to July 2019 Shawlands Primary / Holy Rood
 Week commencing – 3/9/18, 24/9/18, 15/10/18, 12/11/18, 3/12/18, 7/1/19, 28/1/19, 25/2/19, 18/3/19, 8/4/19, 13/5/19, 10/6/19, 17/7/19, 22/7/19

| WEEK 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|---|
| Traditional Meal of the Day | All Day Breakfast; Bacon, Sausage, Hash Brown, Scrambled Egg & ½ Sliced Bread | Spaghetti Bolognese Crusty Roll | Roast Pork & Apple Sauce with Yorkshire Pudding & Creamed Potatoes | Chicken Curry, Rice & Naan Bread | Fish Fingers Or Chips |
| Vegetarian Option | Homemade Quiche Oven Baked Wedges | Quorn Sausage Jacket Wedges | Vegetarian Burger | Quorn Curry Rice & Naan Bread | Pasta In Tomato Sauce Served with Crusty Roll and Side Salad |
| Accompaniments | Baked Beans Mushrooms | Sweetcorn Peas | Broccoli Baton Carrots Gravy | Green Beans Sweetcorn | Garden Peas Carrots Tomato Sauce |
| Salad Bar Selection | Daily Selection of Salad Items | Daily Selection of Salad Items | Daily Selection of Salad Items | Daily Selection of Salad Items | Daily Selection of Salad Items |
| Desserts - Main | Arctic Roll | Cheesecake with Fruit | Iced Cherry Bakewell | Chocolate Sponge with Chocolate Sauce | Lemon Shortcake with Custard |
| Daily Selection of Desserts | Fruit Flapjack, Yoghurts, Fresh Fruit Selection | Homemade Cookies, Yoghurts, Fresh Fruit Selection | Yoghurts, Fresh Fruit Selection | Raspberry Ripple Ice Cream, Yoghurts, Fresh Fruit Selection | Victoria Cake slice & Fruit Wedge, Yoghurts, Fresh Fruit Selection |
| Filled Jacket Potatoes / Pasta Bar | Choice of Hot and Cold Fillings | Choice of Hot and Cold Fillings | Choice of Hot and Cold Fillings | Choice of Hot and Cold Fillings | Choice of Hot and Cold Fillings |
| Bread Basket | Selection of Breads | Selection of Breads | Selection of Breads | Selection of Breads | Selection of Breads |

All meals are freshly cooked at the school. All meat is fresh and UK sourced from farms within the region. A selection of wholemeal and best of both bread available daily. With the exception of chips, our food is cooked using oven baking and steaming methods. Where requested by schools an alternative to beef is available. Water is available each day. We use seasonal fruits & vegetables.

PRIMARY MENUS From September 2018 to July 2019 Shawlands Primary / Holy Rood

Week Commencing – 10/9/18, 1/10/18, 22/10/18, 19/11/18, 10/12/18, 14/1/19, 4/2/19, 4/3/19, 25/3/19, 29/4/19, 20/5/19, 17/6/19, 8/7/19.

| WEEK 2 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|---|
| Traditional Meal of the Day | Pizza Slice (1/6) | Homemade Pork Pie & Roast Potatoes, Mint Sauce | Roast Turkey with Stuffing, Creamed Potatoes | 2 Sausages with Homemade Yorkshire Pudding, Creamed Potatoes | Fish Fingers Chips ½ Slice Bread |
| Vegetarian Option | Macaroni Cheese Crusty Roll | Quorn Meat Balls Tomato Sauce with Spaghetti & Crusty Roll | Vegetarian Burger | Vegetarian Chilli and Rice | Pasta Swirls In Tomato Sauce with Crusty Roll and Side Salad |
| Accompaniments | Baked Beans Coleslaw Green Salad | Sliced Carrots Garden Peas Gravy | Cauliflower Savoy Cabbage Gravy | Broccoli Sweetcorn Gravy | Garden Peas Baton Carrots Tomato Sauce |
| Salad Bar Selection | Daily Selection of Salad Items | Daily Selection of Salad Items | Daily Selection of Salad Items | Daily Selection of Salad Items | Daily Selection of Salad Items |
| Desserts - Main | Toffee Apple Sponge with Custard | Rice Pudding with Fruit | Frosted Chocolate Brownie | Arctic Roll | Jam Roly Poly with Custard |
| Daily Selection of Desserts | Sweet Pancake with or Berries & Ice Cream & Toffee Sauce Yoghurts, Fresh Fruit Selection | Butterfly Buns Yoghurts Fresh Fruit Selection | Yoghurts Fresh Fruit Selection | Raspberry Bun, Yoghurts, Fresh Fruit Selection | Jelly and Ice Cream, Yoghurts, Fresh Fruit Selection |
| Filled Jacket Potatoes/ Pasta Bar | Choice of Hot and Cold Fillings | Choice of Hot and Cold Fillings | Choice of Hot and Cold Fillings | Choice of Hot and Cold Fillings | Choice of Hot and Cold Fillings |
| Bread Basket | Selection of Breads | Selection of Breads | Selection of Breads | Selection of Breads | Selection of breads |

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PRIMARY MENUS From September 2018 to July 2019 Shawlands Primary / Holy Rood

Week Commencing – 17/9/18, 8/10/18, 5/11/18, 26/11/18, 17/12/18, 21/1/19, 11/2/19, 11/3/19, 1/4/19, 6/5/19, 3/6/19, 24/6/19, 15/7/19

WEEK 3

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|---|--|
| Traditional Meal of the Day | Southern Style Burger In Wholemeal Breadcake Chips | Beef Strips In Gravy Yorkshire Pudding Creamed Potatoes | Roast Gammon & Pineapple with Garlic & Herb Potatoes | Butchers Pork Sausage in a Finger Roll Homemade Chunky Jacket Wedges | Fish Fillet Creamed Potatoes |
| Vegetarian Option | Crispy Quorn Fajitas With Salad | Quorn Sausage with Gravy | Quorn Fillet | Vegetarian Pizza (1/6) | Quorn & Tomato Pasta Bake with Crusty Roll |
| Accompaniments | Green Salad & Coleslaw Salad Cream | Garden Peas Sweetcorn | Baton Carrots Broccoli/Cauliflower Flourrets with Cheese Sauce | Baked Beans Braised Onions | Garden Peas Sliced Carrots Parsley Sauce |
| Salad Bar Selection | Daily Selection of Salad Items | Daily Selection of Salad Items | Daily Selection of Salad Items | Daily Selection of Salad Items | Daily Selection of Salad Items |
| Desserts - Main | Homemade Chocolate Sponge with Chocolate Sauce | Jelly & Ice Cream | Iced Cake Slice with Fruit Wedges | Banoffee Pie | Homemade Syrup Sponge with Custard |
| Daily Selection of Desserts | Fruit Flapjack Yoghurts Fresh Fruit Selection. | Homemade Cookies Yoghurts Fresh Fruit Selection | Yoghurts Fresh Fruit Selection | Homemade Muffins Yoghurts Fresh Fruit Selection | Caramel Slice Yoghurts Fresh Fruit Selection |
| Filled Jacket Potatoes/ Pasta Bar | Choice of Hot and Cold Fillings | Choice of Hot and Cold Fillings | Choice of Hot and Cold Fillings | Choice of Hot and Cold Fillings & | Choice of Hot and Cold Fillings |
| Bread Basket | Selection of Breads | Selection of Breads | Selection of Breads | Selection of Breads | Selection of Breads |

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