

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, 1/7/19, 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 <i>Beef Mince</i>	Roast Pork & Apple Sauce with Yorkshire Pudding & Creamed Potatoes	Chicken Cassarole With Dumpling Boiled Potatoes	Fish Fingers Or Salmon Fish Fingers Chips
Vegetarian Option	Homemade Quiche Oven Baked Wedges	Quorn Sausage Jacket Wedges	Vegetarian Burger	Chicken Cassarole With Dumpling	Pasta In Tomato Sauce Served with Crusty Roll and Side Salad
Accompaniments	Baked Beans Mushrooms	Sweetcorn Peas	Broccoli Baton Carrots Gravy	Green Beans Sweetcorn Gravy	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	Cherry Rice Crispy Cake 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, 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 (1/8) Homemade Wedges	Homemade Meat & Potato Pie Roast Potatoes, Mint Sauce PORK MINCE	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	Quorn Fillet	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	Ginger & Pear Sponge with Custard	Rice Pudding with Fruit	Frosted Chocolate Brownie	Arctic Roll	Jam Sponge with Custard
Daily Selection of Desserts	Sweet Pancake with 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 Roast 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 Flourets 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	Raspberry Moosebreak Yoghurts Fresh Fruit Selection.	Homemade Cookies Yoghurts Fresh Fruit Selection	Yoghurts Fresh Fruit Selection	Homemade Fruit 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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