



# St Peter's CofE Primary School – Autumn/Winter Lunch Menu



| Week 1   |   | Week 2   |   | Week 3   |   |
|--|---|--|---|--|---|
| <b>Monday</b>  |   | <b>Monday</b>  |   | <b>Monday</b>  |   |
| <b>Main dish:</b> Lamb meat balls in fresh tomato sauce<br><b>Vegetarian:</b> Cauliflower & broccoli bake<br><b>Starchy dish:</b> Tagliatelle<br><b>Jacket potato:</b> Baked beans<br><b>Vegetables:</b> Runner beans & sweetcorn<br><b>Dessert:</b> Apple & berry crumble with custard  |    | <b>Main dish:</b> Beef Bolognese<br><b>Vegetarian:</b> Quorn Bolognese<br><b>Starchy dish:</b> Wholemeal spaghetti<br><b>Jacket potato:</b> Cheese<br><b>Vegetables:</b> Carrot batons & cauliflower<br><b>Dessert:</b> Wicket fruity Monday   |    | <b>Main dish:</b> Vegetable chow mein<br><b>Vegetarian:</b> Vegetable spring rolls<br><b>Starchy dish:</b> Crusty French bread<br><b>Jacket potato:</b> Tuna & chives low-fat mayonnaise<br><b>Vegetables:</b> Baby carrot green beans & baby corn<br><b>Dessert:</b> Oat, lemon & raisin cookie |    |
| <b>Tuesday</b>   |   | <b>Tuesday</b>   |   | <b>Tuesday</b>   |   |
| <b>Main dish:</b> Lemon herb roast chicken with gravy<br><b>Vegetarian:</b> Quiche<br><b>Starchy dish:</b> Roast potatoes<br><b>Jacket potato:</b> Cheese<br><b>Vegetables:</b> Savoy cabbage & carrots<br><b>Dessert:</b> Jelly & ice-cream   |    | <b>Main dish:</b> BBQ chicken<br><b>Vegetarian:</b> Vegetable & lentil curry<br><b>Starchy dish:</b> Savoury lemon & vegetable rice<br><b>Jacket potato:</b> Tuna<br><b>Vegetables:</b> Mixed salad<br><b>Dessert:</b> Jelly & fruit   |    | <b>Main dish:</b> Chicken, vegetable & lentil curry<br><b>Vegetarian:</b> Chickpea and potato masala<br><b>Starchy dish:</b> Basmati rice and naan bread<br><b>Jacket potato:</b> Cheese<br><b>Vegetables:</b> Cherry tomatoes, cucumber & pepper mix<br><b>Dessert:</b> Banana & custard        |    |
| <b>Wednesday</b>   |   | <b>Wednesday</b>   |   | <b>Wednesday</b>   |   |
| <b>Main dish:</b> Beef & lentil curry<br><b>Vegetarian:</b> Vegetable samosa<br><b>Starchy dish:</b> Basmati rice and naan bread<br><b>Jacket potato:</b> Tuna & sweetcorn<br><b>Vegetables:</b> Cherry tomatoes & cucumber<br><b>Dessert:</b> Cheese & biscuits with grapes   |    | <b>Main dish:</b> Beef burger with bun & ketchup/Halal option<br><b>Vegetarian:</b> Vegetarian Quorn burger with bun & ketchup<br><b>Starchy dish:</b> Oven-baked potato wedges<br><b>Jacket potato:</b> Beans<br><b>Vegetables:</b> Coleslaw & cucumber<br><b>Dessert:</b> Rice pudding with stewed apple sauce |    | <b>Main dish:</b> Cumberland sausages/ Halal chicken with gravy<br><b>Vegetarian:</b> Macaroni & cheese<br><b>Starchy dish:</b> Cream potato<br><b>Jacket potato:</b> Egg mayonnaise<br><b>Vegetables:</b> Peas & roast onions<br><b>Dessert:</b> Fresh fruit salad & yoghurt                    |    |
| <b>Thursday</b>  |   | <b>Thursday</b>  |   | <b>Thursday</b>  |   |
| <b>Main dish:</b> Jerk chicken<br><b>Vegetarian:</b> Tomato & cheddar cheese pasta bake (with red lentils)<br><b>Starchy dish:</b> Jollof rice (50% brown rice)<br><b>Jacket potato:</b> Low-fat egg mayonnaise with watercress<br><b>Vegetables:</b> Vegetable medley<br><b>Dessert:</b> Pineapple rings (fruit juice) with custard |  | <b>Main dish:</b> Chicken & vegetable pie<br><b>Vegetarian:</b> Savoury vegetable noodle<br><b>Starchy dish:</b> Baby new potatoes<br><b>Jacket potato:</b> Egg mayonnaise<br><b>Vegetables:</b> Vegetable medley<br><b>Dessert:</b> Apple & peach crumble with ice-cream  |  | <b>Main dish:</b> Chilli chicken, peppers & onions wrap<br><b>Vegetarian:</b> Tuna & vegetables pasta bake<br><b>Starchy dish:</b> Fajita wraps & chips<br><b>Jacket potato:</b> Chunky coleslaw<br><b>Vegetables:</b> Mixed salad<br><b>Dessert:</b> Hot rice pudding & raisin                  |  |
| <b>Friday</b>  |   | <b>Friday</b>  |   | <b>Friday</b>  |   |
| <b>Main dish:</b> Wholemeal lemon & herb crusted fish (Pollock)<br><b>Vegetarian:</b> Mixed peppers & lentil chilli Quorn balls<br><b>Starchy dish:</b> Chips<br><b>Jacket potato:</b> Baked beans with cheese<br><b>Vegetables:</b> Peas<br><b>Dessert:</b> Strawberry frozen yoghurt   |  | <b>Main dish:</b> Golden Cod fish fingers<br><b>Vegetarian:</b> Cheese & tomato omelette<br><b>Starchy dish:</b> Chips<br><b>Jacket potato:</b> Cheese<br><b>Vegetables:</b> Peas, sweetcorn & baked beans<br><b>Dessert:</b> Fruit smoothie   |  | <b>Main dish:</b> Salmon fillet portions in breadcrumbs<br><b>Vegetarian:</b> Vegetable & Quorn noodles<br><b>Starchy dish:</b> Herbed-diced potatoes<br><b>Jacket potato:</b> Cheese & baked beans<br><b>Vegetables:</b> Broccoli & cauliflower<br><b>Dessert:</b> Wicket fruity Friday         |  |



A selection of seasonal vegetables, salad bowls, fresh fruit, yoghurts, milk served daily. Cold option: sandwich/ baguette of the day with salad.

