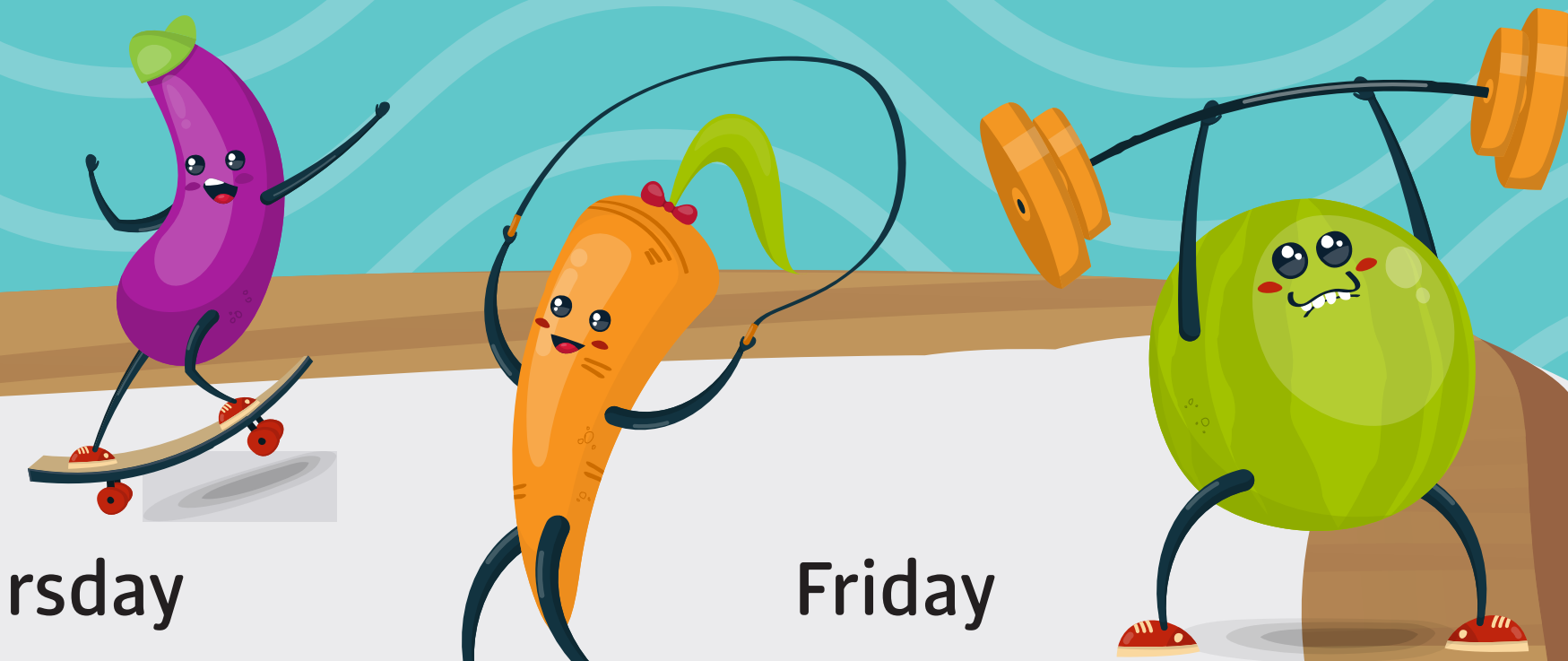


Primary School Lunch Menu



"Take care of your body – it's the only place you have to live"

Monday

Chicken & Vegetable Pie
Creamed Potatoes • Broccoli

Quorn Frankfurter (V) or Classic Hot Dog
Seasoned Potato Wedges
Wholemeal Spaghetti Hoops
in Tomato Sauce

Jacket Potato with Choice of Filling
Cheese, Baked Beans (V) or Tuna

Frozen Yoghurt or Fresh Fruit

Tuesday

Savoury Beef Mince with Dumpling
Carrot & Swede Mash • Cauliflower

Cheese Omelette (V) • Hash Browns
Baked Beans

Ham Sandwich

Jacket Potato with Choice of Filling
Cheese, Baked Beans (V) or Tuna

Sticky Orange Sponge • Custard

Wednesday

Homemade Cheese & Tomato Pizza (V)
Country Diced Potatoes
Sweetcorn

Quorn Keema Curry (V) • Savoury Rice
Broccoli

Jacket Potato with Choice of Filling
Cheese, Baked Beans (V) or Tuna

Apple Crumble Muffin

Thursday

Roast Pork with Sage & Onion Stuffing
Oven Roast Potatoes • Turnip

Homemade Tomato Soup (V)
Focaccia Bread

Tuna Sandwich

Jacket Potato with Choice of Filling
Cheese, Baked Beans (V) or Tuna

Fresh Fruit Salad or Yoghurt

Friday

Crispy Coated Fish
Chips • Mushy Peas

Spaghetti Napoli (V) • Garlic Bread
Sweetcorn

Jacket Potato with Choice of Filling
Cheese, Baked Beans (V) or Tuna

Fruity Flapjack • Custard

week one

2 September 19 • 23 September 19
14 October 19 • 11 November 19
2 December 19 • 6 January 20
27 January 20 • 24 February 20
16 March 20 • 20 April 20
11 May 20 • 8 June 20
29 June 20

Monday

Quorn Style Dippers with Tomato Relish (V)
Chips • Garden Peas

Homemade Roasted Vegetable Pizza (V)
Chips • Garden Peas

Egg and Cress Sandwich (V)

Jacket Potato with Choice of Filling
Cheese, Baked Beans (V) or Tuna

Chocolate Brownie • Chocolate Sauce

Tuesday

Baked Pork Sausage
with Yorkshire Pudding
Creamed Potatoes
Spring Cabbage

Tuna Pasta Bake
Garlic and Herb Bread • Sweetcorn

Jacket Potato with Choice of Filling
Cheese, Baked Beans (V) or Tuna

Frozen Strawberry Mousse

Wednesday

Beef Burger or Quorn Burger (V)
Sweet Potato Fries • Coleslaw

Quorn & Vegetable Pie (V)
Creamed Potatoes • Turnip

Jacket Potato with Choice of Filling
Cheese, Baked Beans (V) or Tuna

Chilled Yoghurt
or Fresh Fruit Salad

Thursday

Roast Turkey & Sage and Onion Stuffing
Oven Roast Potatoes • Carrots

Quorn Korma (V)
Steamed Rice • Naan Bread
Minted Apple and Cucumber Salad

Cheese Sandwich

Jacket Potato with Choice of Filling
Cheese, Baked Beans (V) or Tuna

Iced Sponge • Custard

Friday

Cod Fishcake
Seasoned Wedges • Baked Beans

Quorn Kofta with Mint Raita
in Pitta Pocket (V)
Savoury Vegetable Rice

Jacket Potato with Choice of Filling
Cheese, Baked Beans (V) or Tuna

Fresh Fruit Selection
or Frozen Yoghurt

week two

9 September 19 • 30 September 19
21 October 19 • 18 November 19
9 December 19 • 13 January 20
3 February 20 • 2 March 20
23 March 20 • 27 April 20
18 May 20 • 15 June 20
6 July 20

Monday

Meatballs in Tomato & Herb Sauce
Pasta Twists • Garlic & Herb Bread
Sweetcorn

Cheese Roll (V)
Country Diced Potatoes • Baked Beans

Ham & Tomato Baguette

Jacket Potato with Choice of Filling
Cheese, Baked Beans (V) or Tuna

Lemon Drizzle Cake • Custard

Tuesday

BBQ Chicken Grill
Seasoned Wedges • Garden Peas

Quorn & Lentil Jalfrezi (V)
Steamed Rice • Naan Bread

Tomato & Onion Salad

Jacket Potato with Choice of Filling
Cheese, Baked Beans (V) or Tuna

Mixed Fruit Cookie

Wednesday

Turkey Cobbler
New Potatoes • Broccoli

Vegetable Nuggets (V) with Garlic Mayo
Seasoned Potato Wedges
Wholemeal Spaghetti Hoops

Cheese Savoury Sandwich

Jacket Potato with Choice of Filling
Cheese, Baked Beans (V) or Tuna

Shortbread • Custard

Thursday

Roast Beef with Yorkshire Pudding
Oven Roast Potatoes • Savoy Cabbage

Homemade Cheese & Tomato Pizza (V)
Oven Roast Potatoes
Coleslaw

Jacket Potato with Choice of Filling
Cheese, Baked Beans (V) or Tuna

Ice Cream Tub

Friday

Cod Fish Fingers or Salmon Fish Fingers
Chips • Beetroot

Quorn Sausage Roll (V)
Chips • Baked Beans

Tuna Sandwich

Jacket Potato with Choice of Filling
Cheese, Baked Beans (V) or Tuna

Fresh Fruit Salad or Chilled Yoghurt

week three

16 September 19 • 7 October 19
4 November 19 • 25 November 19
16 December 19 • 20 January 20
10 February 20 • 9 March 20
30 March 20 • 4 May 20
1 June 20 • 22 June 20
13 July 20

Available daily: salad bar, selection of fresh bread and rolls.
Choice of drinks - fruit juice drink, reduced fat milk, chilled drinking
water. Fresh fruit selection, yoghurt and cheese and biscuits.
(V) Suitable for vegetarians.

"Drinking water
helps you look
and feel your best"

September 2019 - July 2020



Red Tractor
Assurance

Newcastle
City Council