

PRIMARY SCHOOL LUNCH MENU

2022 - 2023

Week 1

24/10/22, 14/11/22, 05/12/22, 26/12/22, 16/01/23,
06/02/23, 27/02/23, 20/03/23

Monday

Fish Fingers with Mashed Potatoes
Vegetable Curry with Rice (V)
Sliced Egg Sandwich or
Chicken Sandwich
Peas & Sweetcorn
Yoghurt with Fruit

Tuesday

Chicken Fajitas with Savoury Rice, Coleslaw & Peas
Broccoli Pasta Bake with Crusty Bread & Mixed Salad (V)
Chicken Mayo Finger Roll** or
Tuna Mayo Finger Roll**
Ice Cream with Fruit

Wednesday

Breaded Fish with Roast Potatoes & Sweetcorn
Quorn Chilli Baked Potato with Mixed Salad (V)
Sliced Egg Sandwich or
Chicken Sandwich
Yoghurt with Fruit

Thursday

Cottage Pie with Baked Beans
Cheese and Tomato Pizza with Pasta Salad (V)
Chicken Mayo Finger Roll** or
Tuna Mayo Finger Roll**
Broccoli & Cauliflower
Chocolate Brownie with Fruit



Free School Meals

All P1 to P5 pupils are entitled to a free school meal in all schools. A meal costs £2.10 for P6 and P7.

There is a packed lunch option on a Friday to all primary children. This must be pre-ordered in advance by completing our [order form](#).

Allergen Information

We do not use any nuts, peanuts or sesame seeds in any dishes. We try to source products that do not contain any nuts, peanuts or sesame seeds however some ingredients may contain traces of these if they are produced in premises where these are present. Please follow the guidance at your own discretion.

[Click here](#) for allergen content of dishes.

Special Dietary Requirements

If your child has a medically prescribed diet, the catering team would need medical confirmation from your doctor or another medical provider. Contact your school's office to arrange to discuss this with the Catering Supervisor.

(V) Vegetarian

**May Contain Sesame Seeds

Soups available daily with hot or cold meal of choice
Milk or Water available daily



Week 2

31/10/22, 21/11/22, 12/12/22, 02/01/23, 23/01/23,
13/02/23, 06/03/23, 27/03/23

Monday

Bubble Salmon with Potato Wedges
Quorn Mince with Spaghetti & Garlic Bread (V)
Sliced Egg Sandwich or
Chicken Sandwich
Mixed Salad
Peas & Sweetcorn
Yoghurt with Fruit

Tuesday

Chicken Curry with Rice & Broccoli
Quorn Dog Roll** with Wedges, Coleslaw & Broccoli (V)
Tuna Mayo Finger Roll** or
Sliced Egg Finger Roll**
Cheese & Crackers with Fruit

Wednesday

Steak Pie with Mashed Potatoes
Quorn Dippers, Baked Potato & Baked Beans (V)
Sliced Egg Sandwich or
Chicken Sandwich
Carrots & Peas
Yoghurt with Fruit

Thursday

Quorn Burger in a Bun** with Coleslaw (V)
Cheese & Tomato Pizza with Pasta Salad (V)
Tuna Mayo Finger Roll** or
Sliced Egg Finger Roll**
Peas
Raspberry & Apple Sponge with Fruit



Fruit & Salad Available Daily

Our eggs are free range



Our meals are freshly prepared

Our fish is from sustainable sources



Week 3

07/11/22, 28/11/22, 19/12/22, 09/01/23,
30/01/23, 20/02/23, 13/03/23

Monday

Chicken Meatballs in Tomato Sauce with Pasta
Macaroni Cheese with Garlic Bread (V)
Sliced Egg Sandwich or
Chicken Sandwich
Green Beans & Mixed Salad
Yoghurt with Fruit

Tuesday

Beef Burger in a Bun** with Pasta Salad
Baked Bean Baked Potato (V)
Chicken Mayo Finger Roll** or
Tuna Mayo Finger Roll**
Sweetcorn
Fresh Fruit Salad

Wednesday

Chicken in Gravy, Yorkshire Pudding & Roast Potatoes
Quorn Mince with Pasta (V)
Sliced Egg Sandwich or
Chicken Sandwich
Broccoli
Mixed Salad
Plain Sponge with Fruit

Thursday

Sweet Chilli Chicken Wrap with Coleslaw
Cheese & Tomato Pizza with Mixed Salad (V)
Potato Wedges
Chicken Mayo Finger Roll** or
Tuna Mayo Finger Roll**
Cheese & Crackers with Fruit