

PRIMARY CHOICE MENU - WEEK ONE

This menu will be in schools for the weeks commencing:

5th May 2009

1st June 2009


22nd June 2009

13th July 2009

14th September 2009

5th October 2009

MONDAY

Shepherd's Pie Topped
with a Potato Thatch
or
Tomato & Vegetable Pasta
Bake 
or
Tuna & Salad in a Crusty
Baguette



Rice Salad
Salad Bar

Boiled Potatoes
Jacket Potatoes

Farmhouse Vegetables

Banana Muffin Cake
served with Custard
Frozen Yoghurt Ice-Cream
Fresh Fruit Platter
Yoghurt
Fruit Drink or Water or
Milk


TUESDAY

Malay Curry
served with Rice
or
Salmon & Cod Fish Fingers 
served with Tomato
Ketchup
or
Wholemeal Bap filled
with Egg & Cress 


Diced Beetroot Salad
Salad Bar

Oven Baked Potato
Wedges
Boiled Potatoes
Jacket Potatoes

Peas & Sweetcorn

Ice-Cream Sponge Roll 
Orange Cookie
Custard
Fresh Fruit Platter
Yoghurt
Fruit Drink or Water or
Milk

WEDNESDAY

Oven Baked Welsh
Pork Sausages
or
Cheese Risotto 
or
Salmon & Cucumber
on Wholemeal Bap



Crunchy Coleslaw
Salad Bar

Creamed Potatoes
Jacket Potatoes

Garden Peas
Baked Beans

Paris Apple Pie
served with Custard
Cherry Muffin
Fresh Fruit Platter
Yoghurt
Fruit Drink or Water or
Milk

THURSDAY

Roast Turkey with
Stuffing & Gravy
or
Vegetable Supreme
Pizza 
or
Ploughman's Lunch
with Sliced Egg 


Celery, Apple, Sultana
Salad
Salad Bar

Roast Potatoes
Creamed Potatoes
Jacket Potatoes

Broccoli & Cauliflower
Carrots & Peas

Frozen Yoghurt Ice-Cream
Dutch Apple Cake
served with Custard
Fresh Fruit Platter
Yoghurt
Fruit Drink or Water or
Milk

FRIDAY

Local Organic Beef
Meatballs in Italian
Sauce with Pasta
or
Vegetarian Spaghetti
Bolognese 
or
Tuna & Salad in a
Tortilla Wrap

Potato Salad
Salad Bar

Crushed Potatoes
Jacket Potatoes

Sweetcorn

Chocolate Iced Sponge
served with Chocolate
Sauce
Quick Fruit Salad
Fresh Fruit Platter
Yoghurt
Fruit Drink or Water or
Milk

Salad Bar - Lettuce, Tomato and Cucumber plus a selection of Celery, Onion, Cress, Beetroot, Carrot, Sweetcorn

Bread Basket available daily

Coconut Items in bold contain coconut

 New product/recipe for Spring/Summer 2009

 Vegetarian - this dish is suitable for vegetarians



PRIMARY CHOICE MENU - WEEK TWO

This menu will be in schools for the weeks commencing:

11th May 2009

8th June 2009

29th June 2009

20th July 2009

21st September 2009

12th October 2009

MONDAY

Savoury Mince with Rice

or

Crispy Margherita
Pizza 

or

Tuna Mayo & Salad
in a Pitta Bread

Fruity Coleslaw
Salad Bar

Oven Baked Potato
Wedges

Creamed Potatoes
Jacket Potatoes

Peas & Sweetcorn

Ice-Cream Sponge Roll 

Cherry Cookie

Fresh Fruit Platter


Yoghurt

Fruit Drink or Water or
Milk


TUESDAY

Pork Meatballs in Italian
Sauce with Spaghetti

or

Shepherdess Pie (Quorn)
with Potato Thatch 

or

Wholemeal Wedge filled
with Cheese, Carrot and
Cress 

Carrot & Sultana Salad
Salad Bar

Fondant Potatoes
Boiled Potatoes
Jacket Potatoes

Farmhouse Vegetables

Apple Crumble
served with Custard
Chocolate Pinwheels
Fresh Fruit Platter
Yoghurt
Fruit Drink or Water or
Milk

WEDNESDAY

Top Crust Munster Pie

or

Vegetable Pasta
Milanaise 

or

Tuna & Sweetcorn in a
Crusty Baguette

Rainbow Salad
Salad Bar

Crushed Potatoes
Jacket Potatoes

Vegetable Medley

Lemon Cake
served with Lemon Sauce
Raspberry Bun
Fresh Fruit Platter
Yoghurt
Fruit Drink or Water or
Milk


THURSDAY

Roast Pork with Stuffing
& Gravy

or

Fish Fingers with
Tomato Ketchup

or

Ploughman's Lunch
with Egg & Cress 

Crunchy Coleslaw
Salad Bar

Roast Potatoes
Creamed Potatoes
Jacket Potatoes

Seasonal Cabbage
Garden Peas

Cherry Shortcake
served with Custard
Sunday Trifle
Fresh Fruit Platter
Yoghurt
Fruit Drink or Water or
Milk

FRIDAY

Chicken in Mediterranean
Sauce with Pasta

or

Baked Bean &
Potato Hash 

or

Tuna Chilli Wrap

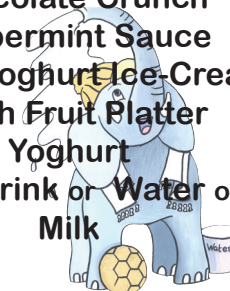
Curried Pasta Salad
Salad Bar

Oven Baked Potato
Wedges

Boiled Potatoes
Jacket Potatoes

Peas & Sweetcorn

Chocolate Crunch
Peppermint Sauce
Frozen Yoghurt Ice-Cream
Fresh Fruit Platter
Yoghurt
Fruit Drink or Water or
Milk



Salad Bar - Lettuce, Tomato and Cucumber plus a selection of Celery, Onion, Cress, Beetroot, Carrot, Sweetcorn

Bread Basket available daily

Coconut Items in bold contain coconut

 New product/recipe for Spring/Summer 2009

 Vegetarian - this dish is suitable for vegetarians



PRIMARY CHOICE MENU - WEEK THREE

This menu will be in schools for the weeks commencing:

18th May 2009

15th June 2009

6th July 2009

8th September 2009

28th September 2009

19th October 2009

MONDAY

Wholemeal Pasta with
Bolognese Sauce

or

Double Fish Finger **n**

or

Cheese & Celery in a
Crusty Baguette **v**

Rice Salad
Salad Bar

Oven Baked Potato
Wedges

Creamed Potatoes
Jacket Potatoes

Sweetcorn & Peas

Baked Pineapple
Sponge

served with Custard

Chocolate Oatmeal Cookies

Fresh Fruit Platter
Yoghurt

Fruit Drink or Water or
Milk

TUESDAY

Pork Loin Steak in Gravy
With Yorkshire Pudding

or

Jacket Potatoes with
Tuna & Sweetcorn

or

Wholemeal Wedge filled
with Egg & Cress **v**

Fruity Coleslaw
Salad Bar

Crushed Potatoes
Jacket Potatoes

Broccoli & Cauliflower

Chocolate Top Hat

Sponge with Lime Cream

Chocolate Sauce

Quick Fruit Salad

Fresh Fruit Platter

Yoghurt

Fruit Drink or Water or
Milk

WEDNESDAY

Cottage Pie

or

Haddock Bites
with Parsley Sauce

or

Cheese Salad Pitta
Pocket **v**

Potato Salad
Salad Bar

Fondant Potatoes
Boiled Potatoes

Jacket Potatoes

Green Beans
Sweetcorn

Fresh Fruit

Shortcake Fans

Sunday Jelly

Fresh Fruit Platter

Yoghurt

Fruit Drink or Water or
Milk

THURSDAY

Roast Chicken with
Stuffing & Gravy

or

Pizza Pinwheel **n v**

or

Tuna Salad Tortilla
Wrap

Carrot & Sultana Salad
Salad Bar

Roast Potatoes
Creamed Potatoes

Jacket Potatoes

Seasonal Cabbage
Carrots & Peas

Ice-Cream Sponge Roll **n**

Sultana Cookie

Fresh Fruit Platter

Yoghurt

Fruit Drink or Water or
Milk

FRIDAY

Fish Goujons
with Tomato Ketchup

or

Vegetable Curry
served with Rice **v**

or

Ploughman's Lunch
with Ham

Rainbow Salad
Salad Bar

Creamed Potatoes
Jacket Potatoes

Vegetable Medley

Jam Tart

served with Custard
Carrot & Orange Muffin

Fresh Fruit Platter

Yoghurt

Fruit Drink or Water or
Milk



Salad Bar - Lettuce, Tomato and Cucumber plus a selection of
Celery, Onion, Cress, Beetroot, Carrot, Sweetcorn

Bread Basket available daily

Coconut Items in bold contain coconut

n New product/recipe for Spring/Summer 2009

v Vegetarian - this dish is suitable for vegetarians