



Primary School Menu

Week 1 Winter 2020

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
SOUP V			Lentil	
COLD OPTION	School Packed Lunch – Wholemeal Roll (Cheese or Ham)	School Packed Lunch – Baguette (Cheese or Ham)	School Packed Lunch – Wholemeal Sandwich (Ham or Cheese)	School Packed Lunch – Wrap (Cheese or Tuna mayo)
HOT OPTION	Filled Baked potato Cheese or Beans & Salad	Cheese or Cheese & Ham Panini with Vegetable Batons	Soup & Sandwich (Ham or Egg Mayo)	Beef Burger in a bun with Vegetable Batons
DESSERTS	Fruit & Yogurt	Fruit & Tray Bake	Fruit & Yogurt	Fruit & Tray Bake
DRINKS	Water/Milk	Water/Milk	Water/Milk	Water/Milk
<ul style="list-style-type: none"> • Hot option served with yogurt or tray bake, fresh fruit and water/milk • A sandwich lunch is available on Friday:–a roll/sandwich, yoghurt, fresh fruit and water • Desserts: Fresh fruit and yogurt or fresh fruit and tray bake 				

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
SOUP V			Vegetable	
VEGETARIAN CHOICE V	School Packed Lunch – Wholemeal Roll (Cheese or Ham)	School Packed Lunch – Baguette (Cheese or Ham)	School Packed Lunch – sandwich (Cheese or Ham)	School Packed Lunch – Wrap (Cheese or Tuna mayo)
LIGHTER BITE OPTION	Filled Baked potato Cheese or Beans & Salad	Panini – Tuna Melt or Cheese with vegetable batons	Soup & Sandwich Chicken mayo or cheese	BBQ Chicken Burger in a bun with Vegetable batons
DESSERTS	Fruit & Yogurt	Fruit & Tray Bake	Fruit & Yogurt	Fruit & Tray Bake
DRINKS	Water/Milk	Water/Milk	Water/Milk	Water/Milk
<ul style="list-style-type: none"> • Hot option served with yogurt or tray bake, fresh fruit and water/milk • A sandwich lunch is available on Friday:–a roll/sandwich, yoghurt, fresh fruit and water • Desserts: Fresh fruit and yogurt or fresh fruit and tray bake 				



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
SOUP V			Lentil	
COLD PACKED LUNCH	School Packed Lunch – Roll (Cheese or Tuna)	School Packed Lunch – Baguette (Cheese or Ham)	School Packed Lunch – sandwich (Ham or cheese)	School Packed Lunch – Wrap (Cheese, Tuna mayo)
HOT OPTION	Vegetarian Sausage Roll & Vegetable Batons	Panini – Chicken & mozzarella or Cheese with Vegetable Batons	Soup & Sandwich Ham or Cheese	Pizza Power & Vegetable Batons
DESSERTS	Fruit & yogurt	Fruit & Tray Bake	Fruit & yogurt	Fruit & Tray Bake
DRINKS	Water/Milk	Water/Milk	Water/Milk	Water/Milk
<ul style="list-style-type: none"> • Hot option served with yogurt or tray bake, fresh fruit and water/milk • A sandwich lunch is available on Friday:–a roll/sandwich, yoghurt, fresh fruit and water • Desserts: Fresh fruit and yogurt or fresh fruit and tray bake 				