



Primary School Spring/ Summer Menu

May 2021- October 2021

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
SOUP	Vegetable CHO 4.7g	Tomato & Basil CHO 2.5g	Lentil CHO 6.4g	Leek & Potato CHO 7.4g
MAIN COURSE	Fish Fingers CHO 15g Chips CHO 36g	Chicken Korma CHO 6.5g Rice CHO 46.1g	Spaghetti Bolognese CHO 44g	Chicken Sausages CHO 7.6g Mashed Potatoes CHO 21g
VEGETARIAN COURSE	Sweet & Sour Vegetables CHO 25.1g Rice CHO 46.1g	Tomato Pasta CHO 43.7g Garlic Bread CHO 12g	Quorn Pie CHO 23.3g Potatoes CHO 19.3g	Pizza CHO 40.1g Vegetable Batons CHO 2.6g
VEGETABLES/SALAD	Seasonal vegetables ♦ Mixed salad	Seasonal vegetables ♦ Mixed salad	Seasonal vegetables ♦ Mixed salad	Seasonal vegetables ♦ Mixed salad
LIGHTER BITE	Cheese/Beans CHO 54g /CHO 62.9g Baked potato ♦ With Salad CHO 3g	Filled Baguette CHO 52.7g With salad CHO 3g	Lentil Soup CHO 12.9g Sandwich CHO 30g	Tuna/Cheese CHO 55g/ CHO 54g Baked potato ♦ With Salad CHO 3g
DESSERTS	Fruit Salad CHO 17.3g Selection of Fruit RG Yogurt CHO 9.3g	Blueberry Tray Bake CHO Fruit Salad CHO 17.3g Selection of Fruit	Fruit Salad CHO 17.3g Selection of Fruit RG Yogurts CHO 9.3g	Ice-Cream & Fruit CHO Fruit Salad CHO 17.3g Selection of Fruit
DRINKS	Water Milk	Water Milk	Milk Water	Water Milk

- Bread, side salad, fruit/fruit salad & yoghurt available daily
- A sandwich lunch is available on Friday:—a roll/sandwich, yoghurt, fresh fruit, water
- Monday & Wednesdays are 'milk and water' days to help growing teeth!

Vegetarian choice **V** Local produce when available ♦ MCS Sustainable fish source



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WEEK 2	Meat free MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Soup	Tomato & Basil CHO 2.5g	Lentil CHO 6.4g	Vegetable CHO 4.7g	Carrot & Coriander CHO 5.5g
MAIN COURSE	Macaroni V CHO 47.5g	Salmon Fillet CHO 0g Potatoes CHO 22.4g	Roast Beef & Yorkshire Pudding CHO 14g Potatoes 22.4g	Chicken in Tomato Sauce CHO 8.7g Pasta CHO 36g
VEGETARIAN COURSE	Lentil Dahl CHO 54.8g Chapati CHO	Quorn Dippers CHO 7.2g Potatoes Wedges CHO 20.4g Beans CHO 12.8g	Pasta Pesto CHO 37.6g	Bean & Vegetable Enchiladas CHO 54.8g
VEGETABLES/SALAD	Seasonal vegetables ♦ Mixed salad	Seasonal vegetables ♦ Mixed salad	Seasonal vegetables ♦ Mixed salad	Seasonal vegetables ♦ Mixed salad
BAKED POTATO	Beans/Cheese CHO 62.9g/54g Baked potato With Salad CHO 2.4g	Filled Baguette CHO 52.7g Salad CHO 3g	Vegetable Soup CHO 9.3g Sandwich CHO 30g	Tuna Mayo/Cheese CHO 53.9g / CHO 54g Baked potato ♦ With Salad CHO 2.4g
DESSERTS	Fruit Salad CHO 17.3g Selection of Fruit RQ Yogurt 9.3g	Fruity Cupcakes CHO 20.9g Fruit Salad CHO 17.3g Selection of Fruit	Fruit Salad CHO 17.3g Selection of Fruit RG Yogurts 9.3g	Crepe with Strawberries & Cream CHO 28.2g Fruit Salad CHO 17.3g Selection of Fruit
DRINKS	Water Milk	Water Milk	Water Milk	Water Milk
<ul style="list-style-type: none"> Bread, side salad, fruit/fruit salad & yoghurt available daily A sandwich lunch is available on Friday:—a roll/sandwich, yoghurt, fresh fruit, veggie sticks & water Monday & Wednesdays are 'milk and water' days to help growing teeth! <p style="text-align: center;">Vegetarian choice V Local produce when available ♦ MCS Sustainable fish source</p>				

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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
SOUP	Tomato & Basil CHO 2.5g	Vegetable CHO 4.7g	Lentil CHO 6.4g	Red Lentil & Vegetable CHO
MAIN COURSE	Breaded Chicken CHO 16.6g Potato Wedges CHO 20.4g Beans CHO 12.8g	Tuna Pasta CHO 35.1g	Chicken & Leek Pie CHO 22.1g Potatoes CHO 19.3g	Beef Burger CHO 2.2g Roll CHO 23.7g Corn on Cob CHO 5.9g Salad CHO 3g
VEGETARIAN COURSE	Vegetable Biryani CHO 28.9g	Quorn Mince CHO 13.1g Mashed Potatoes CHO 21.1g	Summer Vegetable Pasta CHO 50.5g	Vegetable Quiche CHO 32.4g Rainbow Rice CHO 44.9g
VEGETABLES/SALAD	Seasonal vegetables ♦ Mixed salad	Seasonal vegetables ♦ Mixed salad	Seasonal vegetables ♦ Mixed salad	Seasonal vegetables ♦ Mixed salad
BAKED POTATO	Cheese / Beans CHO 54g / CHO 62.9g Baked potato ♦ With Salad CHO 2.4g	Filled Baguettes CHO 52.7g Salad CHO 3g	Soup CHO 12.9g Sandwich CHO 30g	Chicken Mayo / Cheese CHO 55g / CHO 54g Baked potato ♦ With Salad
DESSERTS	Fruit Salad CHO 17.3g Selection of Fruit RG Yogurt 9.3g	Cheese & Crackers CHO 11.7g Fruit Salad CHO 17.3g Selection of Fruit	Fruit Salad CHO 17.3g Selection of Fruit RG Yogurt 9.3g	Surprise Brownies CHO Fruit Salad CHO 17.3g Selection of Fruit
DRINKS	Water Milk	Water Milk	Milk Water	Water Milk

- Bread, side salad, fruit/fruit salad & yoghurt available daily
- A sandwich lunch is available on Friday:—a roll/sandwich, yoghurt, fresh fruit, veggie sticks & water
- Monday & Wednesdays are 'milk and water' days to help growing teeth!

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