

## Sandiway Primary School

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal choices	Mac and Cheese bake Or Pasta Arrabiata Bake (V) G, M	Steak and vegetable pie Or Cheese and onion pie (V) G M	Giant Yorkshire pudding with sausage Or Giant Yorkshire pudding with Quorn sausage G M S	Sweet and sour chicken Or Sweet and sour sauce with Quorn chunks (V) G	Harry Ramsden's Battered fish fillet G Or Vegetable and noodle Stir-fry (V) E, G
	Garlic bread Sweetcorn and grated cheese M, G	Diced potatoes and greens G	mash potatoes, peas and gravy. G, M,	Rice and prawn crackers G	Chips, Sweetcorn or beans
Sandwich or wrap choice	Hot wrap Tuna melt G, E	Sandwiches cheese or egg G, M, E	Sandwiches Tuna or cheese G, M	Hot wrap Southern fried chicken wrap G, M	Sandwiches Egg or ham G, E
Additional Choice	Jacket potato with baked beans, cheese or tuna M, F, E	Jacket potato with baked beans, cheese or tuna M, F, E	Jacket potato with baked beans, cheese or tuna M, F, E	Jacket potato with baked beans, cheese or tuna M, F, E	Jacket potato with baked beans, cheese or tuna M, F, E
Deserts	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
	Yoghurts M	Natural Yoghurt and berries M	Yoghurts M	Natural Yoghurt and berries M	Yoghurts M
	Strawberries with meringue and cream M	Shortbread slice G	Jelly and fruit pot	Ginger sponge and custard G E M	Rice crispy bar
Available daily	Salad bar, fresh fruit, water and milk G, M	Salad bar, fresh fruit, water and milk G, M	Salad bar, fresh fruit, water and milk G, M	Salad bar, fresh fruit, water and milk G, M	Salad bar, fresh fruit, water and milk G, M

Allergens: Gluten (including Wheat, Barley, Oats) (G), Sesame (Se), soya(S), Milk (M), Fish(F), Egg (E), Mustard (Mu), Celery (C), Sulphite (Su) Vegetarian (V)

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal choices	Minced beef lasagne Or Quorn lasagne (V) G, M, E	Mexican chicken tacos with peppers, rice and onion Or Roast vegetable, rice and bean tacos (V) G	Braised beef dinner Or Quorn chicken dinner (V)	Pizza Margareta G, M (V) Or Pepperoni pizza G, M	Fish Finger G Or Mozzarella sticks (V) G, M
	Garlic bread and grated cheese G, M	Dips and sauces	Roast potatoes, mash potatoes mixed vegetables, Yorkshire pudding and gravy. G, M,	Seasoned potato Wedges G Garlic and herb dip E	Chips peas or beans
Sandwich or wrap choice	Hot wrap Bean and cheese G, M	Sandwiches cheese or egg G, M, E	Sandwiches Tuna or cheese G, M, F, E	Hot wrap Quorn chicken fajita wrap (V) G, M	Sandwiches Egg or ham G, E
Additional Choice	Jacket potato with baked beans, cheese or tuna M, F, E	Jacket potato with baked beans, cheese or tuna M, F, E	Jacket potato with baked beans, cheese or tuna M, F, E	Jacket potato with baked beans, cheese or tuna M, F, E	Jacket potato with baked beans, cheese or tuna M, F, E
Deserts	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
	Yoghurts M	Natural Yoghurt and berries M	Yoghurts M	Natural Yoghurt and berries M	Yoghurts M
	Chocolate Crunch G	Vanilla sponge and custard G M E	Jelly and fruit pot	Oat cookie G	Cheese and Crackers M, G
Available daily	Salad bar, fresh fruit, water and milk M	Salad bar, fresh fruit, water and milk M	Salad bar, fresh fruit, water and milk M	Salad bar, fresh fruit, water and milk M	Salad bar, fresh fruit, water and milk M

Allergens: Gluten (including Wheat, Barley, Oats) (G), Sesame (Se), soya(S), Milk (M), Fish(F), Egg (E), Mustard (Mu), Celery (C), Sulphite (Su) Vegetarian (V)

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### Salad bar options

Rainbow peppers	Baby leave salad	Cucumber sticks	Carrot sticks	Coleslaw	Cous Cous	Boiled eggs
Iceberg lettuce	Beetroot	Sweetcorn	Rice salad	Potato salad	Noodles	Quinoa
Cherry tomatoes	Pasta salad	Grated carrot	Mixed beans salad	Chickpeas	Roasted vegetables	Bulger wheat