



# St. George's C E Primary School

## Autumn Lunch Menu



### 2020 2021



| Week 1                   | Monday                           |           |       | Tuesday                                     |           |       | Wednesday                               |                   |       | Thursday   |                   |       | Friday                                    |           |       |
|--------------------------|----------------------------------|-----------|-------|---|-----------|-------|---|-------------------|-------|--|-------------------|-------|---|-----------|-------|
| <b>Main</b>              | Turkey Meatballs in tomato sauce |           |       | Chicken Jollof Rice                         |           |       | Pizza Supreme                           |                   |       | Beef or Lamb Pasty                                     |                   |       | Fish Fingers                              |           |       |
| <b>Vegetarian Main</b>   | Falafel Balls in tomato sauce    |           |       | Quorn Jollof Rice                           |           |       | Ouorn Sausages                          |                   |       | Spicy Bean Wrap  |                   |       | Onion Quiche                              |           |       |
| <b>Starchy Side</b>      | Pasta                            |           |       | Rice  |           |       | Pizza Base and Potato Wedges            |                   |       | Flat bread & shortcrust pastry                         |                   |       | Herby potatoes                            |           |       |
| <b>Jacket Potato</b>     | Fillings                         |           |       | Fillings                                    |           |       | Fillings                                |                   |       | Fillings   |                   |       | Fillings                                  |           |       |
|                          | Cheese                           | Tuna Mayo | Beans | Coleslaw                                    | Tuna Mayo | Beans | Coleslaw                                | Tuna & Sweet corn | Beans | Coleslaw   | Tuna & Sweet corn | Beans | Cheese                                    | Tuna Mayo | Beans |
| <b>Vegetable</b>         | Mixed Vegetables                 |           |       | Green Peas                                  |           |       | Sweetcorn                               |                   |       | Broccoli   |                   |       | Carrots                                   |           |       |
| <b>Salad</b>             | Salad selection                  |           |       | Salad selection                             |           |       | Salad selection                         |                   |       | Salad selection  |                   |       | Salad selection                           |           |       |
| <b>Dessert and Dairy</b> | Fruit yoghurts<br>Peaches        |           |       | Milk shakes<br>Selection of cut fresh fruit |           |       | Cookies<br>Selection of cut fresh fruit |                   |       | Bread & Butter pudding<br>Selection of cut fresh fruit |                   |       | Ice Cream<br>Selection of cut fresh fruit |           |       |

| Week 2                   | Monday  |           |       | Tuesday                                  |           |       | Wednesday                           |                   |       | Thursday  |                   |       | Friday                                      |           |       |
|--------------------------|---|-----------|-------|--|-----------|-------|-------------------------------------|-------------------|-------|---|-------------------|-------|---|-----------|-------|
| <b>Main</b>              | Sausages and Gravy                                      |           |       | Mexican Chicken Wrap                     |           |       | Beef or Lamb Pasta Bolognese        |                   |       | Chicken Jalfrezi                                      |                   |       | Battered Fish                               |           |       |
| <b>Vegetarian Main</b>   | Bean Burgers  |           |       | Margherita Pizza                         |           |       | Cheese and Onion Lattice            |                   |       | Chick pea curry                                       |                   |       | Quorn Dippers                               |           |       |
| <b>Starchy Side</b>      | Mash Potatoes and Wedges                                |           |       | Flat bread and Pizza base                |           |       | Pasta and shortcrust pastry         |                   |       | Rice and pita bread                                   |                   |       | Herby Potatoes                              |           |       |
| <b>Jacket Potato</b>     | Fillings  |           |       | Fillings                                 |           |       | Fillings                            |                   |       | Fillings  |                   |       | Fillings                                    |           |       |
|                          | Cheese  | Tuna Mayo | Beans | Coleslaw                                 | Tuna Mayo | Beans | Coleslaw                            | Tuna & Sweet corn | Beans | Coleslaw  | Tuna & Sweet corn | Beans | Cheese                                      | Tuna Mayo | Beans |
| <b>Vegetable</b>         | Carrots   |           |       | Sweetcorn                                |           |       | Broccoli                            |                   |       | Mixed vegetables                                      |                   |       | Green Peas                                  |           |       |
| <b>Salad</b>             | Salad selection   |           |       | Salad selection                          |           |       | Salad selection                     |                   |       | Salad selection                                       |                   |       | Salad selection                             |           |       |
| <b>Dessert and Dairy</b> | Stewed Apples and Cream<br>Selection of cut fresh fruit |           |       | Flapjack<br>Selection of cut fresh fruit |           |       | Fresh Fruit Salad<br>Fruit yoghurts |                   |       | Apple Crumble & cream<br>Selection of cut fresh fruit |                   |       | Milk Shakes<br>Selection of cut fresh fruit |           |       |

| Week 3                   | Monday  |           |       | Tuesday                                  |           |       | Wednesday                           |                   |       | Thursday  |                   |       | Friday                                      |           |       |
|--------------------------|---|-----------|-------|--|-----------|-------|-------------------------------------|-------------------|-------|---|-------------------|-------|---|-----------|-------|
| <b>Main</b>              | Cajun Chicken Pasta                                     |           |       | Beef Lasagne                             |           |       | Beef or Lamb Burgers                |                   |       | Roast Chicken   |                   |       | Southern Style Chicken                      |           |       |
| <b>Vegetarian Main</b>   | Quorn Couscous  |           |       | Mushroom Stroganoff                      |           |       | Macaroni and Cheese                 |                   |       | Quorn Roast   |                   |       | Vegetable Sausages                          |           |       |
| <b>Starchy Side</b>      | Pasta & Couscous  |           |       | Garlic Bread                             |           |       | Pasta and burger buns               |                   |       | Roast Potatoes  |                   |       | Herby Potatoes                              |           |       |
| <b>Jacket Potato</b>     | Fillings  |           |       | Fillings                                 |           |       | Fillings                            |                   |       | Fillings  |                   |       | Fillings                                    |           |       |
|                          | Cheese  | Tuna Mayo | Beans | Coleslaw                                 | Tuna Mayo | Beans | Coleslaw                            | Tuna & Sweet corn | Beans | Coleslaw  | Tuna & Sweet corn | Beans | Cheese                                      | Tuna Mayo | Beans |
| <b>Vegetable</b>         | Broccoli  |           |       | Mixed vegetables                         |           |       |                                     |                   |       |   |                   |       |   |           |       |
| <b>Salad</b>             | Salad selection   |           |       | Salad selection                          |           |       | Salad selection                     |                   |       | Salad selection                                       |                   |       | Salad selection                             |           |       |
| <b>Dessert and Dairy</b> | Stewed Apples and Cream<br>Selection of cut fresh fruit |           |       | Flapjack<br>Selection of cut fresh fruit |           |       | Fresh Fruit Salad<br>Fruit yoghurts |                   |       | Apple Crumble & cream<br>Selection of cut fresh fruit |                   |       | Milk Shakes<br>Selection of cut fresh fruit |           |       |

|   |   |   |  |   |   |
|---|---|---|--|---|---|
|  | <b>Salad Selection Options depending on availability</b>  |   | <b>Packed Lunches</b>  | <b>Allergies</b>  |  |
|   | <ul style="list-style-type: none"> <li>Carrot sticks</li> <li>Cucumber</li> <li>Iceberg lettuce</li> <li>Cherry tomatoes</li> </ul> | <ul style="list-style-type: none"> <li>Mixed beans salad</li> <li>Celery sticks</li> <li>Dairylea cheese triangles</li> <li></li> </ul> | When children go on trips they are provided with the following; a healthy sandwich, a piece of fruit, a slice of cake or cookie and a bottle of water. | Please keep the school informed of any medical diagnosed food allergies! Contact the office and book an appointment with the school's medical officer or nurse. |   |