



St. George's C E Primary School

Lunch Menu



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Vegetable Stir Fry noodles (df)	Pasta & Meatball sauce	Lasagna	Chicken Jollof Rice (df)	Fish Fingers
Vegetarian Main	Veg fried rice (df)	Pasta & Creamy mushroom sauce (df)	Sweetcorn Fritters	Vegetable Jollof Rice (df)	Sweet Potato Mini Pizzas
Starchy Side	Rice	Mashed potatoes	Garlic Bread	Rice	Wedges
Jacket Potato	Fillings	Fillings	Fillings	Fillings	Fillings
	Cheese Tuna Beans	Cheese Coleslaw Beans	Cheese Coleslaw Beans	Cheese Coleslaw Beans	Cheese Tuna Beans
Vegetable	Baby carrots	Mixed Vegetables	Cauliflower & Broccoli	Steamed Carrots	Peas
Salad	Salad selection	Salad selection	Salad selection	Salad selection	Salad selection
Dessert and Dairy	Fruit salad Yoghurt	Yoghurt Selection Of Cut Fruit	Apple & Pear Crumble with custard	Orange Wedges	Chocolate Cake

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Salmon Pasta	Halal Lamb Stew with Rice	Roast Potatoes & Roast Chicken	Mackerel pasta	Beef Burgers
Vegetarian Main	Macaroni Cheese	Vegetable & Lentil Stew	Vegetable Shepard's Pie	Vegetable pasta	Vegetable pizza
Starchy Side	Rice	Rice	Yorkshire Pudding	Mashed Potatoes	French fries
Jacket Potato	Fillings	Fillings	Fillings	Fillings	Fillings
	Cheese Tuna Beans	Cheese Tuna Beans	Cheese Tuna Beans	Cheese Coleslaw Beans	Cheese Tuna Beans
Vegetable	Peas & Baked Beans	Baby Carrots	Mixed Vegetables	Roasted mixed Vegetables	Peas
Salad	Salad selection	Salad selection	Salad selection	Salad selection	Salad selection
Dessert and Dairy	Fruit salad	Fruit jelly	Yoghurt Selection of Cut Fruit	Strawberry ice cream (df)	Carrot Cake Apples

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Mini Pizza	Shepard's pie	Chicken Jollof Rice (df)	Chicken Curry & Rice	Southern Fried Chicken
Vegetarian Main	Sweet Potato Mini Pizza	Quorn veg pie	Vegetable Jollof Rice (df)	Vegetable quiche	Cauliflower nuggets
Starchy Side	Rice OR Pasta	Potato chips	Pasta	Pasta	French fries
Jacket Potato	Fillings	Fillings	Fillings	Fillings	Fillings
	Cheese Beans Tuna	Cheese Tuna Beans	Cheese Coleslaw Beans	Cheese Tuna Beans	Cheese Tuna Beans
Vegetable	Steamed cauliflower	Braised Cabbage & Carrot	Baby carrots & Green beans	Sweetcorn	Green peas
Salad	Salad selection	Salad selection	Salad selection	Salad selection	Salad selection
Dessert and Dairy	Crackers & Cheese Selection of cut Fruits	Peaches Selection of cut fruit	Fruit Salad Selection of cut fruit	Fruit Yoghurt	Chocolate cake served with ice cream Fruit Salad

Allergy Aware School 	Salad Selection Options depending on availability		Packed Lunches	Allergies	
	• Carrot sticks	• Mixed beans salad			
	• Cucumber	• Celery sticks	When children go on trips the 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.	
	• Iceberg lettuce	• Dairy Lea cheese triangles (df) = Dairy Free			
	• Cherry tomatoes				