



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	
	<ul style="list-style-type: none">Carrot sticksCucumberIceberg lettuceCherry tomatoes	<ul style="list-style-type: none">Mixed beans saladCelery sticksDairy Lea cheese triangles (df) = Dairy Free	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.	