

# Primary School Lunch Menu

## Monday

Cheese and Tomato Pizza (v)  
Chips • Coleslaw

Quorn Keema Curry (v)  
Savoury Rice • Cauliflower

Sandwich Selection (v)

Jacket Potato • Choice of Filling  
Cheese, Baked Beans (v)

Frozen Flavoured Yoghurt

## Tuesday

Minced Lamb Lasagne  
Garlic & Herb Bread • Garden Peas

BBQ Quorn Fillet (v)  
Seasoned Potato Wedges  
Baked Beans

Sandwich Selection

Jacket Potato • Choice of Filling  
Cheese, Baked Beans (v) or Tuna

Flapjack with Custard

## Wednesday

Lamb Mince & Dumplings  
Creamed Potatoes • Broccoli

Meat Free Cheeseburger (v) in Bun  
Chips • Sweetcorn

Sandwich Selection

Jacket Potato • Choice of Filling  
Cheese, Baked Beans (v) or Tuna

Melting Moment Biscuit  
Chilled Drink

## Thursday

Roast Chicken • Sage & Onion  
Stuffing • Boiled Potatoes • Carrots

Lentil and Vegetable Soup (v)  
Cheesy Crouton

Sandwich Selection

Jacket Potato • Choice of Filling  
Cheese, Baked Beans (v) or Tuna

Chocolate Cake with  
Chocolate Sauce

## Friday

Salmon or Cod Fish Fingers  
Oven Roast Potatoes • Beetroot

Cheese and Onion Quiche (v)  
Oven Roast Potatoes • Garden Peas

Sandwich Selection

Jacket Potato • Choice of Filling  
Cheese, Baked Beans (v) or Tuna

Strawberry Cupcake  
Chilled Drink

## Week 1

6 September 21  
27 September 21  
18 October 21  
15 November 21  
6 December 21  
10 January 22  
31 January 22

28 February 22  
21 March 22  
25 April 22  
16 May 22  
13 June 22  
4 July 22

## Monday

Macaroni Cheese (v)  
Focaccia Bread • Garden Peas

Vegetable Fingers (v) • Tomato Ketchup  
Seasoned Wedges • Garden Peas

Sandwich Selection (v)

Jacket Potato • Choice of Filling  
Cheese, Baked Beans (v)

Madeleine Sponge  
with Custard

## Tuesday

Baked Quorn Sausages  
Creamed Potatoes • Broccoli

Chinese Style Vegetable Curry (vg)  
Steamed Rice or Egg Noodles

Sandwich Selection

Jacket Potato • Choice of Filling  
Cheese, Baked Beans (v) or Tuna

Lemon Drizzle Cake  
with Custard

## Wednesday

Lamb Spaghetti Bolognese  
Garlic Bread • Sweetcorn

Cheese Omelette (v)  
Hash Browns • Baked Beans

Sandwich Selection

Jacket Potato • Choice of Filling  
Cheese, Baked Beans (v) or Tuna

Chocolate Banana Muffin  
Chilled Drink

## Thursday

Roast Chicken • Yorkshire Pudding  
Roast Potatoes • Savoy Cabbage

Tuna or Cheese Tortilla Wedge (v)  
Oven Roast Potatoes • Coleslaw

Sandwich Selection

Jacket Potato • Choice of Filling  
Cheese, Baked Beans (v) or Tuna

Ice Cream Tub with  
Shortbread Finger

## Friday

Cod Fishcake • Chips  
Spaghetti Hoops

Quorn and Vegetable Pie (v)  
Mashed Potatoes • Carrots

Sandwich Selection

Jacket Potato • Choice of Filling  
Cheese, Baked Beans (v) or Tuna

Anzac Biscuit  
Chilled Drink

## Week 2

13 September 21  
4 October 21  
1 November 21  
22 November 21  
13 December 21  
17 January 22  
7 February 22

7 March 22  
28 March 22  
2 May 22  
23 May 22  
20 June 22  
11 July 22

## Monday

Pasta Pomodoro (v)  
Garlic • Bread Sweetcorn

Fishless Fish Fingers (v) (vg)  
Chips • Garden Peas

Sandwich Selection (v)

Jacket Potato • Choice of Filling  
Cheese, Baked Beans (v)

Frozen Strawberry Mousse

## Tuesday

Chicken Jalfrezi • Rice or Naan Bread  
Minted Apple and Cucumber Salad

Quorn Burger in (v) Bun  
Oven Roast Potatoes • Baked Beans

Sandwich Selection

Jacket Potato • Choice of Filling  
Cheese, Baked Beans (v) or Tuna

Sticky Date Pudding with Custard

## Wednesday

Quorn Meat Balls in Gravy (v)  
Creamed Potatoes • Broccoli

Pizza Margherita (v)  
Seasoned Wedges • Sweetcorn

Sandwich Selection

Jacket Potato • Choice of Filling  
Cheese, Baked Beans (v) or Tuna

Rice Pudding with Peaches

## Thursday

Roast Chicken • Yorkshire Pudding  
Roast Potatoes • Carrots

Quorn Dippers (v)  
Hash Browns • Spaghetti Hoops

Sandwich Selection

Jacket Potato • Choice of Filling  
Cheese, Baked Beans (v) or Tuna

Pineapple Upside Down Cake  
with Custard

## Friday

Crispy Coated Fish • Chips  
Garden or Mushy Peas

Quorn Sausage Roll (v)  
Chips • Baked Beans

Sandwich Selection

Jacket Potato • Choice of Filling  
Cheese, Baked Beans (v) or Tuna

Fresh Fruit Salad or Yoghurt

## Week 3

20 September 21  
11 October 21  
8 November 21  
29 November 21  
3 January 22  
24 January 22  
14 February 22

14 March 22  
4 April 22  
9 May 22  
6 June 22  
27 June 22  
18 July 22

Menus are subject to availability  
(V) suitable for Vegetarians or (VG) Vegan diets

# September 2021 - July 2022

## Available daily:

Salad bar, selection of fresh bread and rolls  
choice of drinks – fruit juice drink, reduced fat milk, chilled drinking water  
Fresh Fruit Selection, Yoghurt and Cheese and Biscuits



Red Tractor  
Assurance

Newcastle  
City Council

"Drinking water  
helps you look  
and feel your best"

"Take care of your body –  
it's the only place you  
have to live"