

# November 2020 Primary School



## Phase 3 Hot Meals Menu (Served in each bubble)

Week Commencing – 11 Jan, 25 Jan, 8 Feb

<b>Meat Free Monday</b>
Macaroni Cheese (V) <i>(Gluten Free Pasta Available)</i> or Jacket Potato with Beans (DF)(GF) Both served with Garlic Bread and a Mixed Salad  Fresh Melon Wedges (V)(DF)(GF)
<b>Tuesday</b>
Hot Dog (DF) or Cheese and Tomato Pinwheel <i>(Gluten Free Option Available)</i> Both served with Sauté Potatoes  Chocolate Cookie (V) or Fruit Piece
<b>Wednesday</b>
Homemade Coated Chicken Fillet (DF) or Southern Style Quorn Burger (V) Both served with Shredded Lettuce in a Bun with Potato Wedges and Sweetcorn <i>(Gluten Free Chicken and Bun Available)</i>  Homemade Fruity Flapjack (V)(GF)(DF) or Fruit Piece
<b>Thursday</b>
Pasta Bolognaise (DF)(GF) <i>(Gluten Free Pasta Available)</i> or 5 Bean Chilli and Rice (V)(GF)(DF)  Homemade Vanilla Cupcake (V) or Fruit Piece
<b>Friday</b>
Battered Fish Fillet <i>(Gluten Free Fish Fingers Available)</i> Or Cheese & Red Pepper Flan (V) Both served with Chips and Sweetcorn  Ice Cream Pot (V)(GF) or Fruit Piece

Week commencing – 4 Jan, 18 Jan, 1 Feb

<p style="text-align: center;"><b>Meat Free Monday</b></p> <p style="text-align: center;">Homemade Margarita Pizza Slice (V) Served with Seasoned Diced Potatoes and a Mixed Salad <i>(Dairy Free and Gluten Free Pizza Available)</i></p> <p style="text-align: center;">Or</p> <p style="text-align: center;">Vegetarian Cottage Pie (V)(GF)</p> <p style="text-align: center;">Australian Chocolate Crunch or Fruit Piece</p>
<p style="text-align: center;"><b>Tuesday</b></p> <p style="text-align: center;">Beef Lasagne or Pasta with a Homemade Tomato and Vegetable Sauce (V)(DF) Both served with Garlic Bread <i>(Gluten Free Pasta Available)</i></p> <p style="text-align: center;">Homemade Fruit Muffin (V) or Fruit Piece</p>
<p style="text-align: center;"><b>Wednesday</b></p> <p style="text-align: center;">Farm Assured Sausage or Homemade Quorn Sausage Roll (V) Both served with Mashed Potatoes and Peas</p> <p style="text-align: center;">Homemade Oat and Apricot Cookie (V)(DF) or Fruit Piece</p>
<p style="text-align: center;"><b>Thursday</b></p> <p style="text-align: center;">Mild Chicken Curry (GF) or Vegetable Spring Roll (V) Served with Savoury Rice</p> <p style="text-align: center;">Chocolate and Beetroot Cupcake (V) or Fruit Piece</p>
<p style="text-align: center;"><b>Friday</b></p> <p style="text-align: center;">Golden Fish Fingers x 2 or Vegetable Nuggets x 3 Served with Chips and Baked Beans <i>(Gluten Free Fish Fingers Available)</i></p> <p style="text-align: center;">Ice Cream Pot (V)(GF) or Fruit Piece</p>