

POTLEY PRIMARY SCHOOL

Spring 2018



WEEK 1

1/1, 22/1, 19/2, 12/3

Option 1

| Monday. | Tuesday. | Wednesday. | Thursday. | Friday. |
|---|---------------------------|---|--|---------------------------------------|
| Pork Sausage served with Creamy Mashed Potato and Gravy | Beef Bolognese Pasta Bake | Roast Turkey served with Stuffing, Roast Potatoes and Gravy | Moroccan Chicken with Apricots served with Cous Cous | Golden Fish Fingers served with Chips |

Option 2 v Vegetarian

| | | | | |
|---|---|---|--|--|
| Garden Pea Risotto v | Cheesy Potato Layer Bake v | Oven Baked Quorn Fillet served with Stuffing, Roast Potatoes and Gravy v | Vegetarian Sausage served with Creamy Mashed Potato and Gravy v | Winter Vegetable Frittata served with Chips v |
|---|---|---|--|--|

Option 3

| | | | | |
|--|--|--|--|--|
| Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw | Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw | Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw | Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw | Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw |
|--|--|--|--|--|

Vegetables

| | | | | |
|------------------------|-----------------------|---------------------------------|----------------------|----------------------------|
| Garden Peas Carrots | Sweetcorn Broccoli | Butternut Squash Green Beans | Carrots Sweetcorn | Garden Peas Baked Beans |
|------------------------|-----------------------|---------------------------------|----------------------|----------------------------|

Dessert

| | | | | |
|--|-------------------|-------------------|--------------------------------|---------------------------|
| Pear and Forest Fruit Crumble with Custard | Cherry Shortbread | Chocolate Brownie | Peach Crunch Tart with Custard | Carrot and Pineapple Cake |
|--|-------------------|-------------------|--------------------------------|---------------------------|

WEEK 2

8/1, 29/1, 26/2, 19/3

Option 1

| Monday. | Tuesday. | Wednesday. | Thursday. | Friday. |
|--|---|--|-------------------------|--|
| BBQ Chicken & Sweetcorn Pizza served with Herby Diced Potatoes | Honey and Soy Glazed Salmon served with Egg Noodles | Roast Pork served with Apple Sauce, Roast Potatoes and Gravy | Traditional Cottage Pie | Crispy Battered Fish served with Chips |

Option 2 v Vegetarian

| | | | | |
|---|--|--|---|---|
| Cheese & Tomato Pizza served with Herby Diced Potatoes v | Macaroni Cheese v | Sweet Potato and Lentil Wellington served with Roast Potatoes v | Roasted Mediterranean Vegetable Pasta Bake v | Chick Pea, Mixed Pepper and Sweetcorn Quesadilla served with Chips v |
|---|--|--|---|---|

Option 3

| | | | | |
|--|--|--|--|--|
| Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw | Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw | Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw | Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw | Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw |
|--|--|--|--|--|

Vegetables

| | | | | |
|------------------------|--------------------------|--|--------------------------|---|
| Cauliflower Carrots | Sweetcorn Garden Peas | Roasted Root Vegetables Steamed Cabbage | Green Beans Sweetcorn | Garden Peas Wholewheat Spaghetti Hoops |
|------------------------|--------------------------|--|--------------------------|---|

Dessert

| | | | | |
|-----------------|---|-----------------------------|-----------------------------|-------------------|
| Spiced Date Bar | Apple and Cinnamon Crumble Slice with Custard | Orange Jelly with Mandarins | Vanilla Sponge with Custard | Vanilla Ice Cream |
|-----------------|---|-----------------------------|-----------------------------|-------------------|

WEEK 3

15/1, 5/2, 5/3, 26/3

Option 1

| Monday. | Tuesday. | Wednesday. | Thursday. | Friday. |
|--------------------------------|---|--|---|---------------------------------------|
| Minced Beef and Potato Hot Pot | Turkey Meatballs in a Rich Tomato Sauce served with Spaghetti | Roast Beef served with Yorkshire Pudding, Roast Potatoes and Gravy | Chicken Tikka Masala served with Mango Chutney and Steamed Rice | Golden Fish Fingers served with Chips |

Option 2 v Vegetarian

| | | | | |
|--|--|--|--|---|
| Vegetable Biryani v | Vegetarian Mince Pie served with New Potatoes v | Vegetable Sausage served in a Yorkshire Pudding with Roast Potatoes and Gravy v | Vegetable Lasagne v | Cheese and Tomato Turnover served with Chips v |
|--|--|--|--|---|

Option 3

| | | | | |
|--|--|--|--|--|
| Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw | Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw | Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw | Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw | Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw |
|--|--|--|--|--|

Vegetables

| | | | | |
|-----------------------|-----------------|-------------------------------|----------------------|----------------------------|
| Broccoli Sweetcorn | Carrots Peas | Roast Parsnips Green Beans | Carrots Sweetcorn | Garden Peas Baked Beans |
|-----------------------|-----------------|-------------------------------|----------------------|----------------------------|

Dessert

| | | | | |
|--------------|---|------------------|-----------------------------------|-----------------------|
| Oaty Biscuit | Pineapple Upside Down Cake with Custard | Apricot Flapjack | Cherry and Apple Pie with Custard | Iced Chocolate Sponge |
|--------------|---|------------------|-----------------------------------|-----------------------|

Salad Bar, Yoghurt and Fresh Fruit are available daily

radish

We always meet the Government food based standard for school lunches. All of our meals are freshly prepared on site by our team to ensure there are no undesirable additives. Many of our dishes contain hidden vegetables to increase vegetable intake. We are continuously working to reduce the amount of refined sugar in our menus.

