

# Let's see what's for lunch...

Week 1

Monday

## Main Meals

Beef Bolognese with Spaghetti  
Vegan Bolognese with Spaghetti  
Baked Jackets with Tuna Mayonnaise

## Served With

Peas, Broccoli  
**Dessert**  
Maryland Cookie

Tuesday

## Main Meals

Ham & Cheese Pizza with Baked Wedges  
Margherita Pizza with Baked Wedges  
Pasta & Tomato Sauce

## Served With

Carrots, Sweetcorn  
**Dessert**  
Apple Crumble with Custard

Wednesday

## Main Meals

Roast Chicken with Roast Potatoes & Gravy  
Squash & Lentil Lasagne  
Baked Jackets with Cheese, Baked Beans

## Served With

Seasonal Greens, Cauliflower  
**Dessert**  
Cherry Cornflake Cake

Thursday

## Main Meals

Chilli Con Carne with Steamed Rice  
Vegan Bean Chilli with Steamed Rice  
Pasta & Tomato Sauce

## Served With

Broccoli, Carrots  
**Dessert**  
Chocolate & Pear Sponge

Friday

## Main Meals

Breaded Fish Fingers with Chips & Ketchup  
Vegan Goujons with Chips & Ketchup  
Baked Jackets with Cheese, Baked Beans

## Served With

Peas, Baked Beans  
**Dessert**  
Banana Flapjack

### Freshly Baked Bread:

Carrot & Beetroot or Wholemeal Bread

Week 1:

2<sup>nd</sup> Sept, 23<sup>rd</sup> Sept, 14<sup>th</sup> Oct, 4<sup>th</sup> Nov, 25<sup>th</sup> Nov, 16<sup>th</sup> Dec

### Salad Bar

Children have access to an unlimited selection of freshly prepared healthy salads. Our new salad bar features all of the children's favourites, is completely free of the 14 recognised allergens, is suitable for vegetarians and vegans and packed full of fibre and nutrients.

Available Every Day:  
Fresh Fruit, Yoghurt or Jelly

Week 2

Monday

## Main Meals

Pork Sausage with Mashed Potato & Gravy  
Vegan Sausage with Mashed Potato & Gravy  
Pasta & Tomato Sauce

## Served With

Sweetcorn, Baked Beans  
**Dessert**  
Chocolate Rice Krispie Cake

Tuesday

## Main Meals

Chicken & Sweetcorn Pasta  
Vegan Tomato & Mixed Bean Sauce with Fusilli  
Baked Jackets with Cheese, Baked Beans

## Served With

Carrots, Broccoli  
**Dessert**  
Mandarin Jelly

Wednesday

## Main Meals

Honey Roast Gammon with Roast Potatoes & Gravy  
Sweet Chilli Stir-fry Mushroom & Vegetable Noodles  
Wholewheat Pasta & Tomato Sauce

## Served With

Seasonal Greens, Peas  
**Dessert**  
Vanilla Ice Cream

Thursday

## Main Meals

Beef Keema with Turmeric Rice  
Vegan Layered Vegetable & Sweet Potato Bake  
Baked Jackets with Baked Beans or Salmon Mayonnaise

## Served With

Carrots, Sweetcorn  
**Dessert**  
Apple & Carrot Flapjack

Friday

## Main Meals

Breaded Fish Fingers with Chips & Ketchup  
Vegan Fajita Wrap with Chips & Ketchup  
Pasta & Tomato Sauce

## Served With

Peas, Baked Beans  
**Dessert**  
Lemon Drizzle Sponge

### Freshly Baked Bread:

Garlic & Herb or Wholemeal Bread

Week 2:

9<sup>th</sup> Sept, 30<sup>th</sup> Sept, 21<sup>st</sup> Oct, 11<sup>th</sup> Nov, 2<sup>nd</sup> Dec

### Made Fresh Every Day

All our food is freshly prepared using seasonal produce from local suppliers. We are proud to always cook from scratch.

Week 3

Monday

## Main Meals

Chicken & Sweetcorn Meatballs with Tomato Sauce & Penne  
Vegan Roasted Ratatouille with Penne  
Baked Jackets with Cheese &/Or Baked Beans

## Served With

Carrots, Broccoli  
**Dessert**  
Orange Shortbread Biscuit

Tuesday

## Main Meals

Fajita Spiced Turkey & Vegetables with Steamed Rice  
Vegan Burrito  
Pasta & Tomato Sauce

## Served With

Sweetcorn, Coleslaw  
**Dessert**  
Carrot Cake

Wednesday

## Main Meals

Herby Roast Chicken with Roast Potatoes & Gravy  
3 Vegetable Mac n' Cheese  
Baked Jackets with Cheese, Baked Beans

## Served With

Seasonal Greens, Broccoli  
**Dessert**  
Chocolate & Beetroot Brownie

Thursday

## Main Meals

Traditional Beef Lasagne  
Vegan Chickpea & Spinach Korma with Steamed Rice  
Pasta & Tomato Sauce

## Served With

Cauliflower, Carrots  
**Dessert**  
Vanilla Ice Cream

Friday

## Main Meals

Breaded Fish Fingers with Chips & Ketchup  
Vegan Bubble & Squeak with Chips & Ketchup  
Baked Jackets with Tuna Mayonnaise

## Served With

Peas, Baked Beans  
**Dessert**  
Apple & Parsnip Cake

### Freshly Baked Bread:

Courgette & Tomato or Wholemeal Bread

Week 3:

16<sup>th</sup> Sept, 7<sup>th</sup> Oct, 28<sup>th</sup> Oct, 18<sup>th</sup> Nov, 9<sup>th</sup> Dec

Wilmington Primary School  
Sept 2024  
All products are subject to availability