

EDUCATION SOUTH WEST:
PRIMARY SCHOOL - WEEK 1 MENU

WEEK 1: MONDAY						
	MAIN	VEGETARIAN	ALTERNATIVE OPTION	DELI	SALAD	DESSERT
MAIN	Macaroni Cheese with Crispy Onions	Tomato and Basil Pasta Bake	Jacket Potato with Ratatouille	Cheese Salad Bap	Cheese Salad	Mixed Berry Crumble
DF	DF Tomato and Basil Pasta Bake		DF Jacket Potato with Ratatouille	DF Cheese Bap	DF Cheese Salad	Mixed Berry Crumble
GF	GF Cheesy Pasta Bake		GF Jacket Potato with Ratatouille	GF Cheese Salad Bap	GF Cheese Salad	Watermelon Slice
VN	VN Tomato and Basil Pasta Bake		VN Jacket Potato with Ratatouille		VN Quorn Fillet salad	Mixed Berry Crumble
WEEK 1: TUESDAY						
	MAIN	VEGETARIAN	ALTERNATIVE OPTION	DELI	SALAD	DESSERT
MAIN	Chicken and Veg Curry with Rice and Beans	Cauliflower and Chick Pea Curry with Rice and Beans	Jacket Potato with Beans and Grated Cheese	Egg, Cress and Mayo Bap	Tuna & Salmon Salad	Mixed Fresh Fruit Salad
DF	DF Chicken and Veg Curry with Rice and Beans	DF Cauliflower and Chick Pea Curry with Rice and Beans	DF Jacket Potato with Beans	DF Egg and Cress Bap	DF Tuna & Salmon Salad	Mixed Fresh Fruit Salad
GF	GF Chicken & Veg Curry with Rice and Beans	GF Cauliflower and Chick Pea Curry with Rice and Beans	GF Jacket Potato with Beans and Grated Cheese	Gluten Free Egg, Cress and Mayo Bap	GF Tuna & Salmon Salad	Mixed Fresh Fruit Salad
VN	VN Cauliflower & Chick Pea Curry with Rice and Beans		VN Jacket Potato with Beans and Grated Vegan Cheese		VN Cheese salad	Mixed Fresh Fruit Salad
WEEK 1: WEDNESDAY						
	MAIN	VEGETARIAN	ALTERNATIVE OPTION	DELI	SALAD	DESSERT
MAIN	Roast Chicken Breast with Seasonal Vegetables and Gravy	Roast Quorn Fillet served with Seasonal vegetables and Gravy	Jacket Potato with Vegetable Curry	Tuna, Salmon and Cucumber Bap	Chicken Salad	Rice Pudding & Fruit Puree
DF	DF Roast Chicken Breast with Seasonal Vegetables and Gravy	DF Roast Quorn Fillet served with Seasonal vegetables and Gravy	DF Jacket Potato with Vegetable Curry	DF Tuna, Salmon and Cucumber Bap	DF Chicken Salad	Watermelon Slice
GF	GF Roast Chicken Breast with Seasonal Vegetables and Gravy	GF Roast Quorn Fillet served with Seasonal vegetables and Gravy	GF Jacket Potato with Vegetable Curry	GF Tuna, Salmon and Cucumber Bap	GF Chicken Salad	Rice Pudding & Fruit Puree
VN	VN Roast Quorn Fillet served with Seasonal vegetables and Gravy		VN Jacket Potato with Vegetable Curry		VN Quorn Fillet Salad	Vegan Flapjack
WEEK 1: THURSDAY						
	MAIN	VEGETARIAN	ALTERNATIVE OPTION	DELI	SALAD	DESSERT
MAIN	Baked Cajun Turkey Strips with Chips (baked) and Peas	Herbed Tofu Goujons with Chips (baked) and Peas	Jacket Potato with Tuna, Salmon and Sweetcorn	Egg, Cress and Mayo Bap	Quorn salad	Nat. Yoghurt & Fruit Compote
DF	DF Baked Cajun Turkey Strips with Chips (baked) and Peas	DF Herbed Tofu Goujons with Chips (baked) and Peas	DF Jacket Potato with Tuna, Salmon and Sweetcorn	DF Egg and Cress Bap	DF Quorn Salad	Mixed Fresh Fruit Salad
GF	GF Baked Cajun Turkey Strips with Chips (baked) and Peas	GF Herbed Tofu Goujons with Chips (baked) and Peas	GF Jacket Potato with Tuna, Salmon and Sweetcorn	Gluten Free Egg, Cress and Mayo Bap	GF Quorn salad	Nat. Yoghurt & Fruit Compote
VN	VN Herbed Tofu Goujons with Chips (baked) and Peas		VN Jacket Potato with Beans and Grated Vegan Cheese		VN Cheese Salad	Watermelon Slice
WEEK 1: FRIDAY						
	MAIN	VEGETARIAN	ALTERNATIVE OPTION	DELI	SALAD	DESSERT
MAIN	Beef Bolognese & Pasta	Vegetable Bolognese & Pasta	Jacket Potato with Vegetable Chilli (light)	Chicken, Onion and Mayo Bap	Chicken salad	Baked Apples with Raisins
DF	DF Beef Bolognese & Pasta	DF Vegetable Bolognese & Pasta	DF Jacket Potato with Vegetable Chilli (light)	DF Chicken and Onion Bap	DF Chicken Salad	Baked Apples with Raisins
GF	GF Beef Bolognese & GF Pasta	GF Vegetable Bolognese & GF Pasta	GF Jacket Potato with Vegetable Chilli (light)	GF Chicken, Onion & Mayo Bap	GF Chicken Salad	Baked Apples with Raisins
VN	VN Vegetable Bolognese & Pasta		VN Jacket Potato with Vegetable Chilli (light)		VN Quorn Fillet salad	Baked Apples with Raisins