

EDUCATION SOUTH WEST:
PRIMARY SCHOOL - WEEK 2 MENU

WEEK 2: MONDAY						
	MAIN	VEGETARIAN	ALTERNATIVE OPTION	DELI	SALAD	DESSERT
MAIN	Chicken and Vegetable Casserole with Mashed Potato	Bean and Vegetable Casserole with Mashed Potato	Jacket Potato with Ratatouille	Chicken, Onion & Mayo Bap	Chicken Salad	Nat Yoghurt & Fruit Compote
DF	DF Chicken and Vegetable Casserole with Mashed Potato	DF Bean and Vegetable Casserole with Mashed Potato	DF Jacket Potato with Ratatouille	DF Chicken & Onion Bap	DF Chicken Salad	Watermelon Slice
GF	GF Chicken and Vegetable Casserole with Mashed Potato	GF Bean and Vegetable Casserole with Mashed Potato	GF Jacket Potato with Ratatouille	GF Chicken, Onion & Mayo Bap	GF Tuna & Salmon Salad	Nat Yoghurt & Fruit Compote
VN	VN Bean and Vegetable Casserole with Mashed Potato		VN Jacket Potato with Ratatouille		VN Quorn Fillet salad	Vegan Flapjack
WEEK 2: TUESDAY						
	MAIN	VEGETARIAN	ALTERNATIVE OPTION	DELI	SALAD	DESSERT
MAIN	Chicken & Pepper Pitta with Baked Wedges	Roasted Vegetables and Chick Pea Pitta with Baked Wedges	Jacket Potato with Beans and Grated Cheese	Egg, Cress and Mayo Bap	Tuna & Salmon Salad	Rice Pudding & Fruit Puree
DF	DF Chicken & Pepper Pitta with Baked Wedges	DF Roasted Vegetables and Chick Pea Pitta with Baked Wedges	DF Jacket Potato with Beans	DF Egg & Cress Bap	DF Tuna & Salmon Salad	Mixed Fresh Fruit Salad
GF	GF Chicken & Pepper GF Wrap with Baked Wedges	GF Roasted Vegetables and Chick Pea Wrap with Baked Wedges	GF Jacket Potato with Beans and Grated Cheese	GF Egg, Mayo & Cress Bap	GF Cheese Salad	Rice Pudding & Fruit Puree
VN	VN Roasted Vegetables and Chick Pea Pitta with Baked Wedges		VN Jacket Potato with Beans and Grated Vegan Cheese		VN Cheese Salad	Watermelon Slice
WEEK 2: 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	Apple Crumble
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 & Sweetcorn Bap	DF Chicken Salad	Apple Crumble
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 & Cucumber Bap	GF Chicken Salad	Watermelon Slice
VN	VN Roast Quorn Fillet served with Seasonal vegetables and Gravy		VN Jacket Potato with Vegetable Curry		VN Quorn Fillet Salad	Apple Crumble
WEEK 2: THURSDAY						
	MAIN	VEGETARIAN	ALTERNATIVE OPTION	DELI	SALAD	DESSERT
MAIN	Salmon & Sweet Potato Fishcake with Chips (baked) and Peas	Crispy Tofu Strips with Vegetable Noodles	Jacket Potato with Tuna, Salmon and Sweetcorn	Egg, Cress and Mayo Bap	Quorn salad	Mixed Fresh Fruit Salad
DF	DF Salmon & Sweet Potato Fishcake with Chips (baked) and Peas	DF Crispy Tofu Strips with Vegetable Noodles	DF Jacket Potato with Tuna, Salmon and Sweetcorn	DF Chicken & Onion Bap	DF Quorn Salad	Mixed Fresh Fruit Salad
GF	GF Golden MSC Fish Fingers with Chips (baked) and Peas	GF Vegetable Pattie with Chips and Peas	GF Jacket Potato with Tuna, Salmon and Sweetcorn	GF Egg, Cress & Mayo Bap	GF Quorn Salad	Mixed Fresh Fruit Salad
VN	VN Crispy Tofu Strips with Vegetable Noodles		VN Jacket Potato with Beans and Grated Vegan Cheese		VN Quorn Fillet salad	Mixed Fresh Fruit Salad
WEEK 2: FRIDAY						
	MAIN	VEGETARIAN	ALTERNATIVE OPTION	DELI	SALAD	DESSERT
MAIN	Veggie-balls in Tomato Sauce & Pasta	Macaroni Cheese with Crispy Onions and Salad	Jacket Potato with Vegetable Chilli (light)	Cheese Salad Bap	Cheese Salad	Baked Apple with Raisins
DF	DF Veggie-balls in Tomato Sauce & Pasta	DF Tomato and Basil Pasta Bake	DF Jacket Potato with Vegetable Chilli (light)	DF Cheese Salad Bap	DS Cheese Salad	Baked Apple with Raisins
GF	GF Veggie-balls in Tomato Sauce & GF Pasta	GF Pasta with Tomato Sauce	GF Jacket Potato with Vegetable Chilli (light)	GF Cheese Salad Bap	GF Chicken Salad	Baked Apple with Raisins
VN	VN Veggie-balls in Tomato Sauce & Pasta		VN Jacket Potato with Vegetable Chilli (light)		VN Cheese Salad	Baked Apple with Raisins