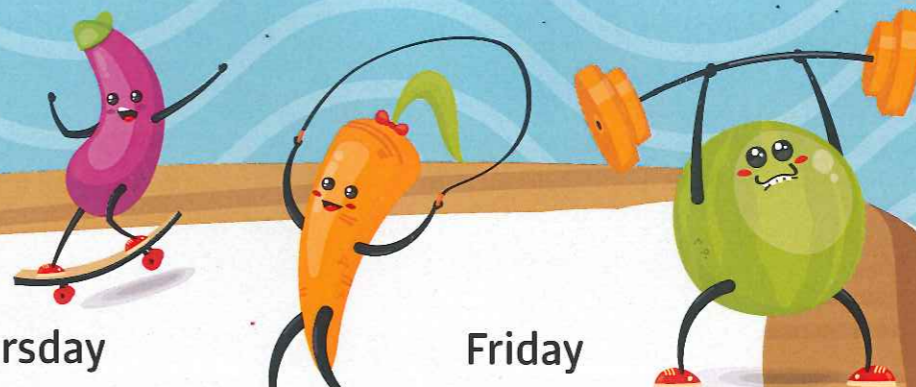


# Primary School Lunch Menu



"Take care of your body – it's the only place you have to live"

## Monday

Chicken & Vegetable Pie  
Creamed Potatoes • Broccoli

Quorn Frankfurter (V) or Classic Hot Dog  
Seasoned Potato Wedges  
Wholemeal Spaghetti Hoops  
in Tomato Sauce

Jacket Potato with Choice of Filling  
Cheese, Baked Beans (V) or Tuna

Frozen Yoghurt or Fresh Fruit

## Tuesday

Savoury Beef Mince with Dumpling  
Carrot & Swede Mash • Cauliflower

Cheese Omelette (V) • Hash Browns  
Baked Beans

Ham Sandwich

Jacket Potato with Choice of Filling  
Cheese, Baked Beans (V) or Tuna

Sticky Orange Sponge • Custard

## Wednesday

Homemade Cheese & Tomato Pizza (V)  
Country Diced Potatoes  
Sweetcorn

Quorn Keema Curry (V) • Savoury Rice  
Broccoli

Jacket Potato with Choice of Filling  
Cheese, Baked Beans (V) or Tuna

Apple Crumble Muffin

## Thursday

Roast Pork with Sage & Onion Stuffing  
Oven Roast Potatoes • Turnip

Homemade Tomato Soup (V)  
Focaccia Bread

Tuna Sandwich

Jacket Potato with Choice of Filling  
Cheese, Baked Beans (V) or Tuna

Fresh Fruit Salad or Yoghurt

## Friday

Crispy Coated Fish  
Chips • Mushy Peas

Spaghetti Napoli (V) • Garlic Bread  
Sweetcorn

Jacket Potato with Choice of Filling  
Cheese, Baked Beans (V) or Tuna

Fruity Flapjack • Custard

## week one

2 September 19 • 23 September 19  
14 October 19 • 11 November 19  
2 December 19 • 6 January 20  
27 January 20 • 24 February 20  
16 March 20 • 20 April 20  
11 May 20 • 8 June 20  
29 June 20

## Monday

Quorn Style Dippers with Tomato Relish (V)  
Chips • Garden Peas

Homemade Roasted Vegetable Pizza (V)  
Chips • Garden Peas

Egg and Cress Sandwich (V)

Jacket Potato with Choice of Filling  
Cheese, Baked Beans (V) or Tuna

Chocolate Brownie • Chocolate Sauce

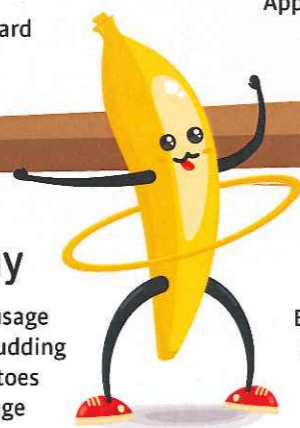
## Tuesday

Baked Pork Sausage  
with Yorkshire Pudding  
Creamed Potatoes  
Spring Cabbage

Tuna Pasta Bake  
Garlic and Herb Bread • Sweetcorn

Jacket Potato with Choice of Filling  
Cheese, Baked Beans (V) or Tuna

Frozen Strawberry Mousse



## Wednesday

Beef Burger or Quorn Burger (V)  
Sweet Potato Fries • Coleslaw

Quorn & Vegetable Pie (V)  
Creamed Potatoes • Turnip

Jacket Potato with Choice of Filling  
Cheese, Baked Beans (V) or Tuna

Chilled Yoghurt  
or Fresh Fruit Salad

## Thursday

Roast Turkey & Sage and Onion Stuffing  
Oven Roast Potatoes • Carrots

Quorn Korma (V)  
Steamed Rice • Naan Bread  
Minted Apple and Cucumber Salad

Cheese Sandwich

Jacket Potato with Choice of Filling  
Cheese, Baked Beans (V) or Tuna

Iced Sponge • Custard

## Friday

Cod Fishcake  
Seasoned Wedges • Baked Beans

Quorn Kofta with Mint Raita  
in Pitta Pocket (V)  
Savoury Vegetable Rice

Jacket Potato with Choice of Filling  
Cheese, Baked Beans (V) or Tuna

Fresh Fruit Selection  
or Frozen Yoghurt

## week two

9 September 19 • 30 September 19  
21 October 19 • 18 November 19  
9 December 19 • 13 January 20  
3 February 20 • 2 March 20  
23 March 20 • 27 April 20  
18 May 20 • 15 June 20  
6 July 20

## Monday

Meatballs in Tomato & Herb Sauce  
Pasta Twists • Garlic & Herb Bread  
Sweetcorn

Cheese Roll (V)  
Country Diced Potatoes • Baked Beans

Ham & Tomato Baguette

Jacket Potato with Choice of Filling  
Cheese, Baked Beans (V) or Tuna

Lemon Drizzle Cake • Custard

## Tuesday

BBQ Chicken Grill  
Seasoned Wedges • Garden Peas

Quorn & Lentil Jalfrezi (V)  
Steamed Rice • Naan Bread

Tomato & Onion Salad

Jacket Potato with Choice of Filling  
Cheese, Baked Beans (V) or Tuna

Mixed Fruit Cookie

## Wednesday

Turkey Cobbler  
New Potatoes • Broccoli

Vegetable Nuggets (V) with Garlic Mayo  
Seasoned Potato Wedges  
Wholemeal Spaghetti Hoops

Cheese Savoury Sandwich

Jacket Potato with Choice of Filling  
Cheese, Baked Beans (V) or Tuna

Shortbread • Custard

## Thursday

Roast Beef with Yorkshire Pudding  
Oven Roast Potatoes • Savoy Cabbage

Homemade Cheese & Tomato Pizza (V)  
Oven Roast Potatoes  
Coleslaw

Jacket Potato with Choice of Filling  
Cheese, Baked Beans (V) or Tuna

Ice Cream Tub

## Friday

Cod Fish Fingers or Salmon Fish Fingers  
Chips • Beetroot

Quorn Sausage Roll (V)  
Chips • Baked Beans

Tuna Sandwich

Jacket Potato with Choice of Filling  
Cheese, Baked Beans (V) or Tuna

Fresh Fruit Salad or Chilled Yoghurt

## week three

16 September 19 • 7 October 19  
4 November 19 • 25 November 19  
16 December 19 • 20 January 20  
10 February 20 • 9 March 20  
30 March 20 • 4 May 20  
1 June 20 • 22 June 20  
13 July 20

"Drinking water  
helps you look  
and feel your best"



Available daily: salad bar, selection of fresh bread and rolls.  
Choice of drinks - fruit juice drink, reduced fat milk, chilled drinking  
water. Fresh fruit selection, yoghurt and cheese and biscuits.  
(V) Suitable for vegetarians.

September 2019 - July 2020



Newcastle