

PRIMARY SCHOOL LUNCH MENU

Monday

- Cheese and Tomato Pizza (v)
Chips • Coleslaw
- Quorn Keema Curry (v)
Savoury Rice • Cauliflower
- Sandwich Selection (v)
- Jacket Potato • Choice of Filling
Cheese, Baked Beans (v)
- Frozen Flavoured Yoghurt

Tuesday

- Lasagne • Garlic & Herb Bread
Garden Peas
- BBQ Quorn Fillet (v)
- Seasoned Potato Wedges
Baked Beans
- Sandwich Selection
- Jacket Potato • Choice of Filling
Cheese, Baked Beans (v) or Tuna
- Flapjack with Custard

Wednesday

- Mince and Dumplings
Creamed Potatoes • Broccoli
- Meat Free Cheeseburger (v) in Bun
Chips • Sweetcorn
- Sandwich Selection
- Jacket Potato • Choice of Filling
Cheese, Baked Beans (v) or Tuna
- Melting Moment Biscuit
Chilled Drink

Thursday

- Roast Pork • Sage and Onion Stuffing
Baby Boiled Potatoes • Carrots
- Lentil and Vegetable Soup (v)
Cheesy Crouton
- Sandwich Selection
- Jacket Potato • Choice of Filling
Cheese, Baked Beans (v) or Tuna
- Chocolate Cake with
Chocolate Sauce

Friday

- Salmon or Cod Fish Fingers
Oven Roast Potatoes • Beetroot
- Cheese and Onion Quiche (v)
Oven Roast Potatoes • Garden Peas
- Sandwich Selection
- Jacket Potato • Choice of Filling
Cheese, Baked Beans (v) or Tuna
- Strawberry Cupcake
Chilled Drink

Week 1

- | | |
|-----------------|----------------|
| 6 September 21 | 28 February 22 |
| 27 September 21 | 21 March 22 |
| 18 October 21 | 25 April 22 |
| 15 November 21 | 16 May 22 |
| 6 December 21 | 13 June 22 |
| 10 January 22 | 4 July 22 |
| 31 January 22 | |

Monday

- Macaroni Cheese (v) • Focaccia Bread
Garden Peas
- Vegetable Fingers (v) • Tomato Ketchup
Seasoned Wedges • Garden Peas
- Sandwich Selection (v)
- Jacket Potato • Choice of Filling
Cheese, Baked Beans (v)
- Madeleine Sponge
with Custard

Tuesday

- Baked Low Fat Pork Sausages
Creamed Potatoes • Broccoli
- Chinese Style Vegetable Curry (v)
(vg) Steamed Rice or Egg Noodles
- Sandwich Selection
- Jacket Potato • Choice of Filling
Cheese, Baked Beans (v) or Tuna
- Lemon Drizzle Cake
with Custard

Wednesday

- Spaghetti Bolognese • Garlic Bread
Sweetcorn
- Cheese Omelette (v) • Hash Browns
Baked Beans
- Sandwich Selection
- Jacket Potato • Choice of Filling
Cheese, Baked Beans (v) or Tuna
- Chocolate Banana Muffin
Chilled Drink

Thursday

- Roast Chicken Fillet • Yorkshire
Pudding • Oven Roast Potatoes
Savoy Cabbage
- Tuna or Cheese Tortilla Wedge (v)
Oven Roast Potatoes • Coleslaw
- Sandwich Selection
- Jacket Potato • Choice of Filling
Cheese, Baked Beans (v) or Tuna
- Ice Cream Tub with
Shortbread Finger

Friday

- Cod Fishcake • Chips
Spaghetti Hoops
- Quorn and Vegetable Pie (v)
Mashed Potatoes • Carrots
- Sandwich Selection
- Jacket Potato • Choice of Filling
Cheese, Baked Beans (v) or Tuna
- Anzac Biscuit
Chilled Drink

Week 2

- | | |
|-----------------|-------------|
| 13 September 21 | 7 March 22 |
| 4 October 21 | 28 March 22 |
| 1 November 21 | 2 May 22 |
| 22 November 21 | 23 May 22 |
| 13 December 21 | 20 June 22 |
| 17 January 22 | 11 July 22 |
| 7 February 22 | |

Monday

- Pasta Pomodoro (v) • Garlic Bread
Sweetcorn
- Fishless Fish Fingers (v) (vg) • Chips
Garden Peas
- Sandwich Selection (v)
- Jacket Potato • Choice of Filling
Cheese, Baked Beans (v)
- Frozen Strawberry Mousse

Tuesday

- Chicken Jalfrezi • Rice or Naan Bread
Minted Apple and Cucumber Salad
- Quorn Burger in (v) Bun
Oven Roast Potatoes • Baked Beans
- Sandwich Selection
- Jacket Potato • Choice of Filling
Cheese, Baked Beans (v) or Tuna
- Sticky Date Pudding with Custard

Wednesday

- Meat Balls in Gravy
Creamed Potatoes • Broccoli
- Pizza Margherita (v)
Seasoned Wedges • Sweetcorn
- Sandwich Selection
- Jacket Potato • Choice of Filling
Cheese, Baked Beans (v) or Tuna
- Rice Pudding with Peaches

Thursday

- Roast Beef • Yorkshire Pudding
Oven Roast Potatoes • Carrots
- Quorn Dippers (v) • Hash Browns
Spaghetti Hoops
- Sandwich Selection
- Jacket Potato • Choice of Filling
Cheese, Baked Beans (v) or Tuna
- Pineapple Upside Down Cake
with Custard

Friday

- Crispy Coated Fish • Chips
Garden or Mushy Peas
- Quorn Sausage Roll (v) • Chips
Baked Beans
- Sandwich Selection
- Jacket Potato • Choice of Filling
Cheese, Baked Beans (v) or Tuna
- Fresh Fruit Salad or Yoghurt

Week 3

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|-----------------|-------------|
| 20 September 21 | 14 March 22 |
| 11 October 21 | 4 April 22 |
| 8 November 21 | 9 May 22 |
| 29 November 21 | 6 June 22 |
| 3 January 22 | 27 June 22 |
| 24 January 22 | 18 July 22 |
| 14 February 22 | |

Menus are subject to availability
(V) suitable for Vegetarians or (VG) Vegan diets

SEPTEMBER 2021 - JULY 2022

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



Red Tractor Assurance

Newcastle City Council

"DRINKING WATER HELPS YOU LOOK AND FEEL YOUR BEST"

"TAKE CARE OF YOUR BODY - IT'S THE ONLY PLACE YOU HAVE TO LIVE"

