



# St. George's C E Primary School

## Spring Term Menu

### 2023



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Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Main</b>	Meat Free Pasta Bolognaise (df)	Chicken Jollof Rice (df)	Cottage pie (df)	Cajun Chicken Wrap (df)	MSC battered fish (df)	
<b>Vegetarian Main</b>	Bean Burger (df)	Veg Jollof Rice (df)	Quorn Sausages (df)	Spicy Bean Wrap (df)	Quorn Dippers (df)	
<b>Starchy Side</b>	Pasta / Potato	Rice	Potato	Flat bread	Herby Diced Potato	
<b>Jacket Potato</b>	Fillings		Fillings		Fillings	
	Cheese	Tuna Mayo	Beans	Coleslaw	Tuna & Sweetcorn	Beans
<b>Vegetable</b>	Mixed Vegetables	Sweetcorn	Mediterranean roasted vegetables	Sweetcorn	Garden Peas	
<b>Salad</b>	Salad selection	Salad selection	Salad selection	Salad selection	Salad selection	
<b>Dessert and Dairy</b>	Peaches (df) Selection of cut fresh fruit (df)	Fruit Yoghurt Selection of cut fresh fruit (df)	Banana Cake Selection of cut fresh fruit (df)	Baked Cinnamon Pears Selection of cut fresh fruit (df)	Milk Shakes Selection of cut fresh fruit (df)	

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Main</b>	Cajun Salmon Pasta (df)	Chicken Sausages and Gravy (df)	Butter Chicken	Margherita Pizza	Southern Fried Chicken (df)	
<b>Vegetarian Main</b>	Cheese Onion Pasty	Vegetable Wellington (df)	Egg Curry (df)	Chickpeas Pilaf (df)	Vegetable / Quorn Sausages (df)	
<b>Starchy Side</b>	Pasta	Mashed Potato	Steamed Rice	Herby Pasta	Spicy Potato Wedges	
<b>Jacket Potato</b>	Fillings		Fillings		Fillings	
	Cheese	Tuna Mayo	Beans	Coleslaw	Tuna & Sweetcorn	Beans
<b>Vegetable</b>	Carrots	Sweetcorn	Mixed Vegetables	Sweetcorn	Green Peas	
<b>Salad</b>	Salad selection	Salad selection	Salad selection	Salad selection	Salad selection	
<b>Dessert and Dairy</b>	Fruit Cocktail & Cream Selection of cut fresh fruit (df)	Vanilla Custard Selection of cut fresh fruit (df)	Raisins Flapjack	Pineapple upside down Cake (df) Selection of cut fresh fruit (df)	Ice Cream Selection of cut fresh fruit (df)	

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Main</b>	BBQ Chicken (df)	Lamb Lasagne (df)	Chicken Casserole (df)	Beef Burger (df)	Fish Finger (df)	
<b>Vegetarian Main</b>	Mediterranean Quorn Stir Fry (df)	Vegetables & Quorn Cous Cous (df)	Curried Cauliflower (df)	Quorn Dippers (df)	Spring Onion Frittata	
<b>Starchy Side</b>	Savoury Rice	Garlic bread	Crusty Roll	Burger Baps / Potato	Herby Diced Potato	
<b>Jacket Potato</b>	Fillings		Fillings		Fillings	
	Cheese	Tuna Mayo	Beans	Coleslaw	Lamb Mince	Beans
<b>Vegetable</b>	Peas & Carrots	Broccoli & Cauliflower Medley	Mixed Vegetables	Sweetcorn	Garden Peas	
<b>Salad</b>	Salad selection	Salad selection	Salad selection	Salad selection	Salad selection	
<b>Dessert and Dairy</b>	Fruit Crumble & Cream Selection of cut fresh fruit (df)	Fruit Yoghurt Selection of cut fresh fruit (df)	Fresh Fruit Salad Selection of cut fresh fruit (df)	Waffles & Syrup Selection of cut fresh fruit (df)	Cheese & Crackers Selection of cut fresh fruit (df)	

	<b>Salad Selection Options depending on availability</b>		<b>Packed Lunches</b>	<b>Allergies</b>	
	<ul style="list-style-type: none"> <li>Carrot sticks</li> <li>Cucumber</li> <li>Iceberg lettuce</li> <li>Cherry tomatoes</li> </ul>	<ul style="list-style-type: none"> <li>Mixed beans salad</li> <li>Celery sticks</li> <li>Dairyfree cheese triangles</li> </ul> <p>(df) = Dairy Free</p>	<p>When children go on trips they are provided with the following; a healthy Sandwich, a piece of fruit, a slice of cake or cookie and a bottle of water.</p>	<p>Please keep the school informed of any medical diagnosed food allergies! Contact the office and book an appointment with the school's medical officer or nurse.</p>	