



# St. George's C E Primary School

## Summer Lunch Menu

### 2023



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Main</b>	Meat Free Pasta (df)	Chicken Stir Fry Noodles (df)	Meat Balls (df)	Cajun Chicken Wrap (df)	MSC Breaded Fish (df)	
<b>Vegetarian Main</b>	Cheese Onion Pasty	Quorn Nuggets	Chickpeas / Veggie Biryani (df)	Spicy Bean Wrap (df)	Spring Onion Quiche	
<b>Starchy Side</b>	Pasta	Noodles / Potato Croquettes	Steamed Rice	Flat bread	Potato Wedges	
<b>Jacket Potato</b>	Fillings		Fillings		Fillings	
	Cheese	Tuna Mayo Beans	Cheese	Tuna Sweetcorn Beans	Cheese	Chicken Mayo Beans
<b>Vegetable</b>	Mixed Vegetables	Sweetcorn	French Beans	Cabbage	Green 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)	Raisin Flapjack Selection of cut fresh fruit (df)	Cheese & Crackers Selection of cut fresh fruit (df)	Fruit Yoghurt Selection of cut fresh fruit (df)	Milk Shakes Selection of cut fresh fruit (df)	

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Main</b>	Mexican Chicken Tacos	Salmon Pasta (df)	Thai Coconut Chicken (df)	Quorn Burger (df)	Southern Fried Chicken Strips	
<b>Vegetarian Main</b>	Quorn Dippers	Macaroni Cheese	Leeks, Spinach & Lentil	Moroccan Veggie Cous Cous (df)	Veggie or Quorn Sausages (df)	
<b>Starchy Side</b>	Potato	Pasta	Steamed Rice / New Potato	Spicy Potato Wedges	Herby Potatoes	
<b>Jacket Potato</b>	Fillings		Fillings		Fillings	
	Cheese	Tuna Mayo Beans	Cheese	Tuna Sweetcorn Beans	Cheese	Tuna Mayo Beans
<b>Vegetable</b>	Sweetcorn	Roasted Swede	Courgettes Aubergine medley	Carrots	Green Peas	
<b>Salad</b>	Salad selection	Salad selection	Salad selection	Salad selection	Salad selection	
<b>Dessert and Dairy</b>	Pear Crumble & Cream Selection of cut fresh fruit (df)	Fruit Jelly Selection of cut fresh fruit (df)	Fresh Fruit Salad (df)	Chef's Special Cake Selection of cut fresh fruit (df)	Ice Cream Selection of cut fresh fruit (df)	

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Main</b>	Jerk Chicken (df)	Sausages (df)	Pizza Florentine	Roast Chicken (df)	Fish Finger (df)	
<b>Vegetarian Main</b>	Mediterranean Style Quorn (df)	Quorn Nuggets	Spicy Bean Burger(df)	Vegetable Wellington (df)	Red Onion & Cheese Frittata	
<b>Starchy Side</b>	Peas and Rice	Mashed Potato and Gravy	Potato Wedges	Roast Potato & Gravy	Herby Diced Potato	
<b>Jacket Potato</b>	Fillings		Fillings		Fillings	
	Cheese	Chicken Mayo Beans	Cheese	Tuna Sweetcorn Beans	Cheese	Chicken Sweetcorn Beans
<b>Vegetable</b>	Carrots	Broccoli	Sweetcorn	Mixed Vegetables	Green Peas	
<b>Salad</b>	Salad selection	Salad selection	Salad selection	Salad selection	Salad selection	
<b>Dessert and Dairy</b>	Fruit Yoghurt Selection of cut fresh fruit (df)	Home made Cookies Selection of cut fresh fruit (df)	Waffles and Maple Syrup Selection of cut fresh fruit (df)	Eaton Mess Selection of cut fresh fruit (df)	Fruity Ice Lollies 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>	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.	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.	