



St. George's CE Primary School

Spring Term Menu



2024



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	
Main	Pasta Pomodoro (df)	Chicken Jollof Rice (df)	Cottage pie (df)	Cajun Chicken Wrap (df)	MSC battered fish (df)	
Vegetarian Main	Cauliflower Macaroni Cheese	Veg Jollof Rice (df)	Chick-pea pie and Potato (df)	Mexican Bean Wrap (df)	Quorn Dippers (df)	
Starchy Side	Pasta / Potato	Rice	Potato	Tortilla Wrap	Potato Wedges	
Jacket Potato	Fillings		Fillings		Fillings	
	Cheese	Tuna Mayo	Beans	Coleslaw	Tuna & Sweetcorn	Beans
Vegetable	Roasted Peppers		Sweetcorn	Mediterranean roasted vegetables	Sweetcorn	Garden Peas
Salad	Salad selection		Salad selection	Salad selection	Salad selection	
Dessert and Dairy	Peaches (df) Selection of cut fresh fruit (df)	Fruit Yoghurt Selection of cut fresh fruit (df)	Special Banana Cake 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	
Main	Chicken sausages and Gravy (df)	Margherita pizza/vegan pizza (df)	Chicken Curry	Cajun Salmon Pasta (df)	Southern Fried Chicken	
Vegetarian Main	Vegetable/ Quorn sausages	Cheese and onion pasty	Veggie Curry (df)	Broccoli and Cheese Quiche	Chickpea & Leek Pie (df)	
Starchy Side	Roast New Potatoes	Potato wedges	Steamed Rice	Pasta/Rice	Spicy Potato Wedges	
Jacket Potato	Fillings		Fillings		Fillings	
	Cheese	Tuna Mayo	Beans	Coleslaw	Tuna & Sweetcorn	Beans
Vegetable	Pizza topping options – Mushroom/Sweetcorn/Pepper		Pizza topping options – Mushroom/Sweetcorn/Pepper	Mixed Vegetables	Sweetcorn	Green Peas
Salad	Salad selection		Salad selection	Salad selection	Salad selection	
Dessert and Dairy	Fruit Cocktail Selection of cut fresh fruit (df)	Fruit Jelly Selection of cut fresh fruit (df)	Apple & Banana Oat Bar Selection of cut fresh fruit (df)	Fruity cake (df) Selection of cut fresh fruit (df)	Fruit Yoghurt Selection of cut fresh fruit (df)	

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	
Main	Noodle Stir Fry(df)	Lamb Lasagne	Roast Chicken(df) and gravy	Chilli Con Carne	Beef Burger (df)	
Vegetarian Main	Vegetable Fried Rice (df)	Roasted Vegetable Wrap (df)	Vegetarian Lasagne	Mexican Rice	Veggie Burger (df)	
Starchy Side	Rice	Garlic bread	Roast New Potatoes	Rice	Wedges	
Jacket Potato	Fillings		Fillings		Fillings	
	Cheese	Tuna Mayo	Beans	Coleslaw	Lamb Mince	Beans
Vegetable	Peas & Carrots		Broccoli & Cauliflower Medley	Peas and Carrots	Sweetcorn	Garden Peas
Salad	Salad selection		Salad selection	Salad selection	Salad selection	
Dessert and Dairy	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)	Natural Yoghurt and Berries Selection of cut fresh fruit (df)	Cheese & Crackers Selection of cut fresh fruit (df)	

	Salad Selection Options depending on availability	Packed Lunches	Allergies	
	<ul style="list-style-type: none"> Carrot sticks Cucumber Iceberg lettuce Cherry tomatoes 	<ul style="list-style-type: none"> Mixed beans salad Celery sticks Dairyfree cheese triangles <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.	