



St. George's CE Primary School

Autumn Lunch Menu



2024- 2025



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	
Main	Tomato & Basil Pasta (df)	Chicken Thigh with Flat Bread & Garlic Mayonnaise (df)	Chicken Jollof Rice (df)	Meatballs, Mash & Gravy (df)	Breaded Fish (df)	
Vegetarian Main	Tortilla Veg Frittata	Roasted New Potato & Veg Pot (df)	Veg Jollof Rice/Plain Rice (df)	Chickpea & Leek Pie (df)	Sweet Potato mini Pizzas	
Starchy Side	Pasta	Flat Bread/ New Potato	Rice	Potato	Herby Diced Potato	
Jacket Potato	Fillings		Fillings		Fillings	
	Cheese	Tuna Mayo	Beans	Cheese	Tuna Mayo	Beans
Vegetable	Sweetcorn	Broccoli & Cauliflower	Mediterranean Roasted Vegetables	Carrots	Peas	
Salad	Salad Selection	Salad Selection	Salad Selection	Salad Selection	Salad Selection	
Dessert and Dairy	Peaches (df)	Fruit Jelly (df)	Fruit Yoghurt	Fruit Salad (df)	Fruity Cake	
	Selection of Cut Fresh Fruit (df)	Selection of Cut Fresh Fruit (df)	Selection of Cut Fresh Fruit (df)	Selection of Cut Fresh Fruit (df)	Selection of Cut Fresh Fruit (df)	

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	
Main	Vegetable Stir Fry (df)	Red Thai Chicken Curry (df)	Salmon Pasta (df)	Beef Lasagne	Burgers (df)	
Vegetarian Main	Carrot & Courgette fritters	Sweetcorn Fritters	Creamy Broccoli Pasta	Vegetable Pie (df)	Cheese/Veg Pitta Pockets (df)	
Starchy Side	Rice Noodles	Pasta	Steamed Rice	Garlic Bread	Potato Wedges	
Jacket Potato	Fillings		Fillings		Fillings	
	Cheese	Tuna	Beans	Cheese	Tuna	Beans
Vegetable	Stir Fried Vegetables	Broccoli & Cauliflower	Carrots	Sweetcorn	Peas	
Salad	Salad Selection	Salad Selection	Salad Selection	Salad Selection	Salad Selection	
Dessert and Dairy	Peaches (df)	Fresh Fruit Salad (df)	Fruity Jelly (df)	Fruit Yoghurts	Fruit Crumble	
	Selection of Cut Fresh Fruit (df)	Selection of Cut Fresh Fruit (df)	Selection of Cut Fresh Fruit (df)	Selection of Cut Fresh Fruit (df)	Selection of Cut Fresh Fruit (df)	

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	
Main	Red Pesto Pasta	Beef Sausage, Roasted New Potato's with Gravy (df)	Chicken Casserole (df)	Turkey Enchiladas (df)	Fish Finger (df)	
Vegetarian Main	Leek & Potato Soup (df)	Vegetable Moussaka	Vegetable Risotto	Cheese Onion Pasty	Vegetable Quiche	
Starchy Side	Crusty Roll/Pasta	Potato's	Crusty Roll	Flat Bread/ Rice	Spicy Potato Wedges	
Jacket Potato	Fillings		Fillings		Fillings	
	Cheese	Tuna	Beans	Cheese	Tuna	Beans
Vegetable	Carrots	Broccoli & Cauliflower	Spinach	Sweetcorn	Peas	
Salad	Salad Selection	Salad Selection	Salad Selection	Salad Selection	Salad Selection	
Dessert and Dairy	Fruit Yoghurt	Peaches	Fresh Fruit Salad	Fruity Cake	Fruit Jelly	
	Selection of Cut Fresh Fruit (df)	Selection of Cut Fresh Fruit (df)	Selection of Cut Fresh Fruit (df)	Selection of Cut Fresh Fruit (df)	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 (df) = Dairy Free	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.	