



St. George's CE Primary School

Spring Lunch Menu

2024- 2025



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	
Main	Cheese & Tomato Pizza	Creamy Chicken Curry)	Salmon Pasta (df)	Beef Stew & Dumplings (df)	Southern Fried chicken (df)	
Vegetarian Main	Chickpea & Cauliflower Pizza (df)	Potato & Pulse Massaman Thai Curry	Green Pesto Pasta (df)	Carrot & Courgette Fritters	Black Bean Burrito (df)	
Starchy Side	Bread	Rice / Potato	Pasta	Mash Potato	Wedges/Flatbread	
Jacket Potato	Fillings		Fillings		Fillings	
	Cheese	Tuna Mayo	Beans	Cheese	Tuna Mayo	Beans
Vegetable	Sweetcorn		Broccoli & Cauliflower		Seasonal Vegetables	
Salad	Salad Selection		Salad Selection		Salad Selection	
Dessert and Dairy	Peaches (df) Selection of Cut Fresh Fruit with Greek Yoghurt		Fresh Fruit Salad (df) Selection of Cut Fresh Fruit with Greek Yoghurt		Fruit Yoghurt Selection of Cut Fresh Fruit (df)	

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	
Main	Tomato Pasta Twirls (df)	Chicken Wrap (df)	Chicken sausages with Roasted New Potato's & Gravy (df)	Smokey BBQ chicken (df)	Fish fingers (df)	
Vegetarian Main	Vegetable pesto Bake with a quinoa herb salad	Roasted Chickpeas with Red Pesto & Courgettes (df)	Spanish Omelette	Creamy Mushroom orzo	Tomato & Rosemary Focaccia served with Hummus (df)	
Starchy Side	Pasta/ Pastry	Flatbread	Potato	Rice/ Pasta	Diced Potato's	
Jacket Potato	Fillings		Fillings		Fillings	
	Cheese	Tuna	Beans	Cheese	Coleslaw	Beans
Vegetable	Carrots		Broccoli & Cauliflower		Seasonal Vegetables	
Salad	Salad Selection		Salad Selection		Salad Selection	
Dessert and Dairy	Cheese & Crackers Selection of Cut Fresh Fruit (df)		Fresh Fruit Salad (df) Selection of Cut Fresh Fruit with Greek Yoghurt		Fruity Jelly (df) Selection of Cut Fresh Fruit with Greek Yoghurt	

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	
Main	Squash Macaroni and Cheese	Roast Chicken & Gravy with Yorkshire Puddings (df)	Chicken Jollof Rice (df)	Lasagne	Fish Cakes / Breaded Fish(df)	
Vegetarian Main	Sweet Pepper Pasta with Quorn (df)	Cheese & Chive filled Potato Skins	Vegetable & Lentil soup & Homemade Bread Rolls (df)	Mixed Bean Pie (df)	Cheese & Onion Pasty	
Starchy Side	Pasta	Potatoes	Rice/Bread	Homemade Garlic Bread (df)	Chips	
Jacket Potato	Fillings		Fillings		Fillings	
	Cheese	Tuna	Beans	Cheese	Coleslaw	Beans
Vegetable	Carrots		Broccoli & Cauliflower		Seasonal Vegetables	
Salad	Salad Selection		Salad Selection		Salad Selection	
Dessert and Dairy	Fresh Fruit Salad (df) Selection of Cut Fresh Fruit with Greek Yoghurt		Cheese & Crackers Selection of Cut Fresh Fruit with Greek Yoghurt		Fruit Yoghurt Selection of Cut Fresh Fruit (df)	

<p>FOOD ALLERGY AWARENESS</p>	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 Dairylea Cheese triangles (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.	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.	