



St Peter's CofE Primary School – Autumn/Winter Lunch Menu



| Week 1 | Week 2 | Week 3 |
|--|---|--|
| <p>Monday</p> <p>Main dish: Lamb meat balls in fresh tomato sauce Vegetarian: Cauliflower & broccoli bake Starchy dish: Tagliatelle Jacket potato: Baked beans Vegetables: Runner beans & sweetcorn Dessert: Apple & berry crumble with custard</p>  | <p>Monday</p> <p>Main dish: Beef Bolognese Vegetarian: Quorn Bolognese Starchy dish: Wholemeal spaghetti Jacket potato: Cheese Vegetables: Carrot batons & cauliflower Dessert: Wicket fruity Monday</p>  | <p>Monday</p> <p>Main dish: Vegetable chow mein Vegetarian: Vegetable spring rolls Starchy dish: Crusty French bread Jacket potato: Tuna & chives low-fat mayonnaise Vegetables: Baby carrot green beans & baby corn Dessert: Oat, lemon & raisin cookie</p>  |
| <p>Tuesday</p> <p>Main dish: Lemon herb roast chicken with gravy Vegetarian: Quiche Starchy dish: Roast potatoes Jacket potato: Cheese Vegetables: Savoy cabbage & carrots Dessert: Jelly & ice-cream</p>  | <p>Tuesday</p> <p>Main dish: BBQ chicken Vegetarian: Vegetable & lentil curry Starchy dish: Savoury lemon & vegetable rice Jacket potato: Tuna Vegetables: Mixed salad Dessert: Jelly & fruit</p>  | <p>Tuesday</p> <p>Main dish: Chicken, vegetable & lentil curry Vegetarian: Chickpea and potato masala Starchy dish: Basmati rice and naan bread Jacket potato: Cheese Vegetables: Cherry tomatoes, cucumber & pepper mix Dessert: Banana & custard</p>  |
| <p>Wednesday</p> <p>Main dish: Beef & lentil curry Vegetarian: Vegetable samosa Starchy dish: Basmati rice and naan bread Jacket potato: Tuna & sweetcorn Vegetables: Cherry tomatoes & cucumber Dessert: Cheese & biscuits with grapes</p>  | <p>Wednesday</p> <p>Main dish: Beef burger with bun & ketchup/Halal option Vegetarian: Vegetarian Quorn burger with bun & ketchup Starchy dish: Oven-baked potato wedges Jacket potato: Beans Vegetables: Coleslaw & cucumber Dessert: Rice pudding with stewed apple sauce</p>  | <p>Wednesday</p> <p>Main dish: Cumberland sausages/ Halal chicken with gravy Vegetarian: Macaroni & cheese Starchy dish: Cream potato Jacket potato: Egg mayonnaise Vegetables: Peas & roast onions Dessert: Fresh fruit salad & yoghurt</p>  |
| <p>Thursday</p> <p>Main dish: Jerk chicken Vegetarian: Tomato & cheddar cheese pasta bake (with red lentils) Starchy dish: Jollof rice (50% brown rice) Jacket potato: Low-fat egg mayonnaise with watercress Vegetables: Vegetable medley Dessert: Pineapple rings (fruit juice) with custard</p>  | <p>Thursday</p> <p>Main dish: Chicken & vegetable pie Vegetarian: Savoury vegetable noodle Starchy dish: Baby new potatoes Jacket potato: Egg mayonnaise Vegetables: Vegetable medley Dessert: Apple & peach crumble with ice-cream</p>  | <p>Thursday</p> <p>Main dish: Chilli chicken, peppers & onions wrap Vegetarian: Tuna & vegetables pasta bake Starchy dish: Fajita wraps & chips Jacket potato: Chunky coleslaw Vegetables: Mixed salad Dessert: Hot rice pudding & raisin</p>  |
| <p>Friday</p> <p>Main dish: Wholemeal lemon & herb crusted fish (Pollock) Vegetarian: Mixed peppers & lentil chilli Quorn balls Starchy dish: Chips Jacket potato: Baked beans with cheese Vegetables: Peas Dessert: Strawberry frozen yoghurt</p>  | <p>Friday</p> <p>Main dish: Golden Cod fish fingers Vegetarian: Cheese & tomato omelette Starchy dish: Chips Jacket potato: Cheese Vegetables: Peas, sweetcorn & baked beans Dessert: Fruit smoothie</p>  | <p>Friday</p> <p>Main dish: Salmon fillet portions in breadcrumbs Vegetarian: Vegetable & Quorn noodles Starchy dish: Herbed-diced potatoes Jacket potato: Cheese & baked beans Vegetables: Broccoli & cauliflower Dessert: Wicket fruity Friday</p>  |



A selection of seasonal vegetables, salad bowls, fresh fruit, yoghurts, milk served daily. Cold option: sandwich/ baguette of the day with salad.

