

PRIMARY WINTER 2015/16

DAILY CHOICES	MONDAY	TUESDAY	MEAT FREE DAY WEDNESDAY	THURSDAY	FRIDAY
SANDWICHES		Tuna Mayonnaise Sandwiches with Pancake & Diced Cucumber	Egg Mayonnaise (v) Sandwiches with Breadsticks & Beetroot	Ham Sandwiches with Rice Salad & Coleslaw	
MAIN MEALS	Breaded Fish Fillet Or Carbonara Or Sweet & Sour Vegetables (v)	Bolognese Sauce Or Chicken Fajitas Or Vegetable Fajitas (v)	Macaroni Cheese (v) Or Quorn Pastie (v) NEW	Chicken Korma Or Baked Potato with Baked Beans (v)	Hot Dog with Tomato Ketchup Or Quorn Hot Dog (v) with Tomato Ketchup Or Mango Chicken NEW
CARBOHYDRATE	Chips Or Rice	Spaghetti	Baby Boiled Potatoes	Rice	Noodles
VEGETABLES	Peas Or Grated Carrots	Carrots Or Diced Cucumber	Baked Beans Or Beetroot	Broccoli Or Coleslaw	Sweetcorn Or Mixed Peppers
FREE BREAD			Garlic Bread		
DESSERTS	Apple Crumble & Custard	Butternut Squash & Sweet Potato Soup NEW	Shortbread	Jam Sponge & Custard	Frozen Yoghurt

RETURN FROM XMAS BREAK – WEDNESDAY 6TH JANUARY 2016

PRIMARY WINTER 2015/16

DAILY CHOICES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SANDWICHES		Egg Mayonnaise (v) Sandwiches with Mini Cheese Loaf & Mixed Peppers		Tuna Sandwiches with Pasta Salad & Cucumber	Chicken Mayonnaise Sandwiches with Pizza Fingers & Beetroot
MAIN MEALS	Mince Or Fish Bites NEW Or Broccoli Bake (v)	Roast Chicken & Mealie Or 4 Cheese Ravioli (v)	BBQ Chicken & Bacon Panini NEW Or Cheese Panini (v) Or Meatballs in Gravy	Steak Pie Or Singapore Noodles (v) NEW	Pizza (v) Or Stovies & Oatcake
CARBOHYDRATE	Mashed Potatoes	Roast Potatoes	Rice	Creamed Potatoes	Spaghetti Hoops
VEGETABLES	Baked Beans Or Peas	Green Beans Or Mixed Peppers	Mixed Vegetables Or Coleslaw	Carrots Or Cucumber	Sweetcorn Or Beetroot
FREE BREAD					
DESSERTS	Rice Pudding & Peaches	Genoise Sponge with Fresh Strawberry Cream and Strawberries	Lentil Soup	Oat Cookie	Fresh Fruit Salad

PRIMARY WINTER 2015/16

Weeks Beginning: 9th November, 7th December, 18th January, 15th February, 14th March

DAILY CHOICES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SANDWICHES	Roast Beef & Tomato Sandwiches with Potato Salad & Grated Carrots	Ham Sandwiches with Chipolata Sausage & Cherry Tomatoes	/	Cheese (v) Sandwiches with Plain Scone & Beetroot	/
MAIN MEALS	Macaroni Cheese (v) Or Baked Potato with Tuna	Chicken Casserole & Yorkie Or Lasagne Or Vegetable Lasagne (v)	Oriental Pork Noodles NEW Or Turkey Burger Or Southern Fried Quorn Burger (v) NEW	Chicken Curry Or Shepherds Pie Or Vegetarian Shepherds Pie (v)	Breaded Fish Fillet Or Chickpea Enchilada NEW (v) Or Beef Stir Fry
CARBOHYDRATE	Garlic Bread	Boiled Potatoes	Seasoned Diced Potatoes	Rice	Mashed Potatoes
VEGETABLES	Green Beans Or Grated Carrots	Peas Or Cherry Tomatoes	Baked Beans Or Sweetcorn	Carrots/Peas Mix Or Beetroot	Broccoli/Cauliflower/ Carrot Mix Or Coleslaw
FREE BREAD					
DESSERTS	Tiffin & Custard	Toffee Pear Sponge & Custard NEW	Semolina & Fruit Cocktail	Tomato Soup	Choco Beet Cupcake

MID-TERM HOLIDAY – MONDAY 15TH FEBRUARY 2016
INSERVICE DAYS – TUESDAY 16TH AND WEDNESDAY 17TH FEBRUARY 2016

Weeks Beginning: 16th November, 14th December, 25th January, 22nd February,
21st March

PRIMARY WINTER 2015/16

DAILY CHOICES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SANDWICHES	Turkey Sandwiches with Pasta Salad & Cucumber	Tuna Mayonnaise Sandwiches with Banana Loaf & Coleslaw	/	Egg Mayonnaise (v) Sandwiches with Cheese Cubes & Pineapple	/
MAIN MEALS	Sausages Or Quorn Sausages (v) Or Herbie Spaghetti (v)	Braised Steak Or Chicken Kiev NEW Or Cheese & Onion Flan (v)	Chicken Pie Or Vegetable Risotto (v) Or Pulled Pork Baguette NEW	Salmon Fish Fingers Or Chilli Tortilla Bake NEW	Pepperoni Panini NEW Or Cheese Panini (v) Or Beef Curry
CARBOHYDRATE	Mashed Potatoes	Baby Boiled Potatoes Or Spaghetti Hoops	Potato Croquettes	Seasoned Potato Wedges	Rice
VEGETABLES	Baked Beans Or Cucumber	Broccoli Or Coleslaw	Sweetcorn Or Pepper Sticks	Baked Beans Or Beetroot	Peas Or Diced Tomatoes
FREE BREAD					
DESSERTS	Iced Sponge & Custard	Leek & Potato Soup	Fruit Cheesecake	Winter Berry Muffin NEW	Jelly & Fruit

INSERVICE DAY – MONDAY 16TH NOVEMBER 2015
GOOD FRIDAY HOLIDAY – FRIDAY 25TH MARCH 2016