

Charnwood Primary Menu - 2017/2018

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1 (H)	Chicken Sausages (G)	Cheese Flan (G,ML,E)	Lamb Quesadilla (G,ML)	Sticky Spicy Chicken	Salmon Fish Fingers
OPTION 1 (V)	Yellow Moong Dhal (G) Rice & Naan (G,ML)	Arad Bean Curry (G) Rice & Chapatti (G)	Mixed Dhal (G) Rice & Naan (G,ML)	Moong Bean Curry (G) Rice & Chapatti (G)	Paneer & Sweetcorn Curry (G,ML) Rice & Naan (G,ML)
OPTION 2 (V)	Quorn Sausages (G,ML,E)	Cheese Flan (G,ML,E)	Quorn Fillet (E)	Macaroni Cheese (G,ML)	Vegetable Burger (G)
SIDES	Creamed Potatoes (ML) Brown & White Rice or Naan Bread (G,ML) ~ Baked Beans Spicy Cauliflower (G) Mixed Salad	Jacket Potato Pasta Twists (G) ~ Sweetcorn Broccoli Mixed Salad	Roast Potatoes Jacket Potato ~ Brussel Sprouts Carrots Mixed Salad	Noodles (G,E) Malted Baguette (G,ML) ~ Sweetcorn Cob Broccoli Mixed Salad	Chips Ciabatta Slice (G) ~ Peas Baked Beans Mixed Salad
ACCOMPANIMENTS	Tomato Sauce Cucumber Raita (ML)	Tomato Sauce	Gravy Mango Chutney		Tomato Sauce Vinegar (G)
DESSERT	Jammie Cookie (G) Chocolate Sponge (G,ML,E)	Chocolate Krispie (G) Plum Crunch Cake (G)	Apple Crumble & Custard (G,ML) Lemon Shortbread (G,ML)	Iced Sponge (G,ML,E) Oat & Raisin Biscuit (G,ML,E)	Ice- Cream (ML) Fruit Salad
BREAD	White Bread (G,ML)	Brown Bread (G,ML)	White Bread (G,ML)	White Bread (G,ML)	White Bread (G,ML)

MILK – FRUIT – YOGURT AVAILABLE DAILY

Week Commencing: 28th August, 25th September, 30th October, 27th November, 2018-8th January, 5th February

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1 (H)	Chicken Saag (G) Rice & Naan (G,ML)	Lamb Pilau (G)	Fish Fingers (G)	Tandoori Chicken (ML)	Pizza (G,ML)
OPTION 1 (V)	Toover Dhal (G) Rice & Naan (G,ML)	Chick Pea & Potato Curry (G) Rice & Naan (G,ML)	Kidney Bean & Sweetcorn Curry (G) Rice & Chapatti (G)	Mixed Bean Curry (G) Rice & Chapatti (G)	Khichadi Khadi (G,ML) Potato Curry (G) Naan Bread (G,ML)
OPTION 2 (V)	Cheese & Tomato Slice (ML,E)	Cheese & Potato Pie (ML)	Vegetable Finger (G,ML)	Quorn Fillet (E)	Pizza (G,ML)
SIDES	Jacket Potato Brown & White Rice or Naan Bread (G,ML) ~ Peas & Carrots Baked Beans Mixed Salad	Naan Bread (G,ML) Pasta (G) Malted Baguette (G,ML) ~ Broccoli Coleslaw Mixed Salad	Jacket Potato Tomato Pasta (G,ML,E) ~ Baked Beans Coleslaw (E) Mixed Salad	Roast Potatoes Garlic Roll (G,ML,E) ~ Mixed Vegetables Mixed Salad	Chips Ciabatta Slice (G) ~ Peas Baked Beans Mixed Salad
ACCOMPANIMENTS	Tomato Sauce	Tomato Sauce	Tomato Sauce Vinegar (G)	Gravy & Stuffing (G)	Tomato sauce
DESSERTS	Ginger Biscuit (G,ML,E) Chocolate Muffin (G,ML,E)	Iced fruit Sponge (G,ML,E) Coconut Cookie (G,ML,E)	Assorted Frozen Yogurt (ML) Eve's Pudding & Custard (G,ML,E)	Chocolate Tart (G,ML) Fruit Medley	Ice-Cream (ML) Norwegian Biscuits (G)
BREAD	Brown Bread (G,ML)	Brown Bread	Brown Bread (G,ML)	White Bread (G,ML)	Brown Bread (G,ML)

MILK – FRUIT – YOGURT AVAILABLE DAILY

Week Commencing: 4th September, 2nd October, 6th November, 4th December, 2018- 15th January, 19th February

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1 (H)	Chicken Sausages (G)	Lamb Kebab (G,E)	Cheese Flan (G,E,ML)	Lamb Lasagne (G,ML)	Bubble Battered Pollock
OPTION 1 (V)	Vegetable Masala (G,ML) Rice & Naan (G,ML)	Chana Bean Curry (G,ML) Rice & Chapatti (G)	Khichadi & Kadhi Potato Curry (G,ML) & Chapatti (G)	Toover Dhal (G) Rice & Naan (G,ML)	Black Eyed Bean Curry (G) Rice & Naan (G,ML)
OPTION 2 (V)	Quorn Sausages (G,ML,E)	Creamy Vegetable Pie Topped with Sliced Potatoes (G,ML)	Cheese Flan (G,E,ML)	Vegetable Lasagne (G,ML)	Cheese & Vegetable Bake (G,ML)
SIDES	Creamed Potatoes (ML) Steamed Rice/Naan Bread (G,ML) ~ Baked Beans Mixed Vegetables Mixed Salad	Lyonnaise Potatoes Boiled Potatoes ~ Broccoli Florets Baton Carrots Mixed Salad	Jacket Potatoes Brown & White Rice ~ Baked Beans Sweetcorn Mixed Salad	Garlic Bread (G,ML) Egg Noodles (G,E) ~ Coleslaw (E) Garden Peas Mixed Salad	Chips Malted Baguette (G,ML) ~ Garden/Mushy Peas Mixed Vegetables Mixed Salad
ACCOMPANIMENTS	Tomato Sauce	Tzatziki (ML)	Tomato Sauce		Tomato Sauce Vinegar (G)
DESSERT	Chocolate Biscuit (G,ML,E) Fruit Medley	Apple Crumble & Custard (G,ML) Butterscotch Biscuit (G,ML,E)	Chocolate Haystack with Raisins (G,ML) Jam & Cream Scone (G,ML,E)	Iced Sponge (G,E,ML) Mousse (ML)	Ice Cream (ML) Fruit Flan (G,ML,E)
BREAD	White Bread (G,ML)	Brown Bread (G,ML)	White Bread (G,ML)	Brown Bread (G,ML)	White Bread (G,ML)

MILK – FRUIT – YOGURT AVAILABLE DAILY

Week Commencing: 11th September, 9th October, 13th November, 11th December, 2018- 22nd January, 26th February

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1 (H)	Macaroni & Mince Gratin (G,ML)	Chicken Curry (G)	Lamb Meatballs in Tomato Sauce	Battered Pollock (G,ML)	Selection of Pizza (G,ML)
OPTION 1	Macaroni & Mince Gratin (G,ML)	Chicken Curry (G)	Turkey Meatballs in Tomato Sauce	Battered Pollock(G,ML)	Salmon & Sweetcorn Layer (G,ML)
OPTION 1 (V)	Chick Pea & Potato Curry (G) Rice & Naan (G,ML)	Paneer & Sweetcorn Curry (G,ML) Rice & Chapatti (G)	Yellow Moong Curry (G) Rice & Chapatti (G)	Vegetable Shak & Mixed Dhal (G) Rice & Chapatti (G)	Kidney Bean & Sweetcorn Curry (G) Rice & Naan (G,ML)
OPTION 2 (V)	Broccoli & Spaghetti Bake (G,ML)	Vegetable Curry (G)	Quorn Balls in Tomato Sauce (G,ML)	Quorn Burger (G,E,ML)	Quorn Fillet Pizza (ML,E)
SIDES	Garlic Bread (G,ML) Jacket Potato Sliced Carrots Sweetcorn Mixed Salad	Brown & White Rice Naan Bread (G,ML) ~ Peas Mixed Vegetables Mixed Salad	Spaghetti (G) Creamed Potatoes (ML) ~ Broccoli Florets Sweetcorn & Mixed Peppers Mixed Salad	Jacket Potato Herbed Potatoes ~ Baked Beans Garden Peas Mixed Salad	Chips Ciabatta Slice (G) ~ Garden/Mushy Peas Baton Carrot Mixed Salad
ACCOMPANIMENTS				Tomato Sauce Vinegar (G)	Tomato Sauce
DESSERTS	Iced Fruit Sponge (G,E,ML) Jumble Biscuit (G,E,ML)	Melting Moment (G) Apple Flapjack (G)	Lemon Biscuit (G,E) Fruit Salad	Chocolate Shortbread (G,ML) Mousse (ML)	Ice Cream (ML) Devonshire Split (G,ML,E)
BREAD	Brown Bread (G,ML)	White Bread (G,ML)	Brown Bread (G,ML)	White Bread (G,ML)	Brown Bread (G,ML)

MILK – FRUIT – YOGURT AVAILABLE DAILY

Week Commencing: 18th September, 23rd October, 20th November, 18th December, 2018 -29th January, 5th March

Charnwood Primary Menu – 2017/2018