

# Charnwood Primary School Menu 2018/2019

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1 (H)	Chicken Sausages (G)	Piri Piri Chicken	Lamb Quesadilla (G,ML)	Cheese Flan (G,ML,E)	Salmon Fish Fingers
OPTION 1 (V)	Mayflower's Vegetable Biryani (G,ML,E)	Chick Pea & Potato Curry (G) Rice & Naan (G,ML)	Mixed Dhal (G) Rice & Naan (G,ML)	Black-Eyed Bean Curry (G) Rice & Chapatti (G)	Paneer & Sweetcorn Curry (G,ML) Rice & Naan (G,ML)
OPTION 2 (V)	Quorn Sausages (G,ML,E)	Cheese & Potato Pie (ML)	Quorn Fillet (E)	Cheese Flan (G,ML,E)	Potato & Pea Puff (G,ML)
SIDES	Creamed Potatoes (ML) Brown & White Rice Naan Bread (G,ML) ~ Baked Beans Spicy Cauliflower (G) Mixed Salad	Egg Noodles (G,E) Malted Baguette (G,ML) ~ Sweetcorn Broccoli Mixed Salad	Roast Potatoes Jacket Potato ~ Brussel Sprouts & Carrots Crunchy Coleslaw (E) Mixed Salad	Jacket Potato Pasta Twists (G) ~ Broccoli Coleslaw (E) Mixed Salad	Chips Boiled Potatoes ~ Garden Peas Baked Beans Mixed Salad
ACCOMPANIMENTS	Tomato Sauce Cucumber Raita (ML)	Tomato Sauce	Gravy Mango Chutney	Tomato Sauce	Tomato Sauce Vinegar (G)
DESSERT	Jammie Cookie (G) Chocolate Sponge (G,ML)	Chocolate Krispie Apple Crumble (G) & Custard (ML)	Lemon Shortbread (G,ML) Fruit Salad	Iced Fruit Sponge (G,ML) Coconut Cookie (G,ML,E)	Ice Cream (ML) Bridge's Beetroot Brownie (G,ML,E)
BREAD	White Bread (G)	Brown Bread (G)	White Bread (G)	Brown Bread (G)	White Bread (G)
<b>MILK – FRUIT – YOGURT AVAILABLE DAILY</b>					

# Charnwood Primary School Menu 2018/2019

Week Commencing: 26<sup>th</sup> November, 7<sup>th</sup> January, 4<sup>th</sup> February, 11<sup>th</sup> March, 8<sup>th</sup> April

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1 (H)	Halal Brunch Lunch (G,ML,E)	Lamb Pilau (G)	Tandoori Chicken (G,ML)	Fish Fingers (G)	Roasted Vegetable Pizza (G,ML)
OPTION 1 (V)	Toover Dhal (G) Rice & Naan (G,ML)	Moong Bean Curry (G) Rice & Chapatti (G)	Khichadi & Khadi (G,ML) Potato Curry (G) Naan Bread (G,ML)	Mixed Bean Curry (G) Rice & Chapatti (G)	Kidney Bean & Sweetcorn Curry (G) Rice & Chapatti (G)
OPTION 2 (V)	Vegetarian Brunch Lunch (G,ML,E)	Macaroni Cheese (G,ML)	Quorn Fillet (E)	Vegetable Fingers (G)	Margherita Pizza (G,ML)
SIDES	Hash Brown Brown & White Rice or Naan Bread (G,ML)	Naan Bread (G,ML) Pasta Twists(G) Malted Baguette (G,ML)	Steamed New Potatoes Garlic Roll (G,ML,E)	Jacket Potato Ciabatta Slice (G,ML)	Chips Vegetable Cous Cous (G)
	Baked Beans Peas & Carrots Mixed Salad	Sweetcorn Cob Coleslaw (E) Mixed Salad	Cauliflower & Broccoli Gratin (ML) Mixed Vegetables Mixed Salad	Baked Beans Broccoli Mixed Salad	Garden Peas Baked Beans Mixed Salad
ACCOMPANIMENTS	Tomato Sauce		Gravy Sage & Onion Stuffing (G)	Tomato Sauce Vinegar (G)	Tomato Sauce
DESSERTS	Ginger Biscuit (G,ML,E) Assorted Frozen Yogurt (ML)	Eve's Pudding (G,ML) & Custard (ML) Oat & Raisin Biscuit (G,ML,E)	Iced Sponge (G,ML) Scraptoft Valley Cheesecake (G,ML,E)	Chocolate Tart (G,ML) Fruit Medley	Ice Cream (ML) Norwegian Biscuits (G,ML,E)
BREAD	Brown Bread (G)	White Bread (G)	Brown Bread (G)	White Bread (G)	Brown Bread (G)
<b>MILK – FRUIT – YOGURT AVAILABLE DAILY</b>					

# Charnwood Primary School Menu 2018/2019

**Week Commencing: 3<sup>rd</sup> December, 14<sup>th</sup> January, 11<sup>th</sup> February, 18<sup>th</sup> March**

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1 (H)	Chicken Sausages (G)	Lamb Kebab & Tortilla (G,E)	Cheese Flan (G,E,ML)	Chicken Curry (G)	Bubble Coated Pollock Bites
OPTION 1 (V)	Moong Bean Curry (G) Rice & Chapatti (G)	Chana Bean Curry (G,ML) Rice & Chapatti (G)	Toover Dhal (G) Rice & Naan (G,ML)	Khichadi & Kadhi (G,ML) Potato Curry (G) & Dhokra (G,ML,E)	Black Eyed Bean Curry (G) Rice & Naan (G,ML)
OPTION 2 (V)	Quorn Sausages (G,ML,E)	Quorn Fillet (E)	Cheese Flan (G,E,ML)	Vegetable Cobbler (G,ML)	Cheese & Vegetable Bake (G,ML)
SIDES	Creamed Potatoes (ML) Malted Baguette (G,ML)	Roast Potatoes Pitta Bread (G)	Jacket Potatoes Vegetable Cous Cous (G)	Brown & White Rice Boiled Potatoes	Chips Malted Baguette (G,ML)
	Baked Beans Mixed Vegetables Mixed Salad	Broccoli Florets Baton Carrots Mixed Salad	Baked Beans Coleslaw (E) Mixed Salad	Garden Peas Sweetcorn Mixed Salad	Garden/Mushy Peas Mixed Vegetables Mixed Salad
ACCOMPANIMENTS	Tomato Sauce	Tzatziki (ML)	Tomato Sauce		Tomato Sauce Vinegar (G)
DESSERT	Sandfield's Chocolate Brownie (G,ML,E) Fruit Medley	Apple Crumble (G) & Custard (ML) Butterscotch Biscuit (G,ML,E)	Iced Sponge (G,ML) Jam & Cream Scone (G,ML,E)	Chocolate Haystack with Raisins (G,ML) Mousse (ML)	Ice Cream (ML) Fruit Flan (G,ML)
BREAD	White Bread (G)	Brown Bread (G)	White Bread (G)	Garlic Flat Bread (G,ML,E)	White Bread (G)

**MILK – FRUIT – YOGURT AVAILABLE DAILY**

**Week Commencing: 12<sup>th</sup> November, 10<sup>th</sup> December, 21<sup>st</sup> January, 25<sup>th</sup> February, 25<sup>th</sup> March**

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1 (H)	Lamb Bolognese	Chicken Fricassee (G,ML)	Battered Pollock (G,ML)	Tandoori Chicken (G,ML)	Selection of Pizza (G,ML)
OPTION 1 (V)	Chick Pea & Potato Curry (G) Rice & Naan (G,ML)	Paneer & Sweetcorn Curry (G,ML) Rice & Dhokra (G,ML,E)	Yellow Moong Curry (G) Rice & Chapatti (G)	Kidney Bean & Sweetcorn Curry (G) Rice & Naan (G,ML)	Vegetable Shak & Mixed Dhal (G) Rice & Chapatti (G)
OPTION 2 (V)	Leek & Potato Frittata (E,ML)	Quorn Fricassee (G,E,ML)	Quorn Burger (G,E,ML)	Quorn Fillet (E)	Chick Pea Curry (G)
SIDES	Pasta Twists (G) Herbed Potatoes  Broccoli Florets Coleslaw (E) Mixed Salad	Brown & White Rice Creamed Potatoes (ML)  Shredded Cabbage Mixed Vegetables Mixed Salad	Jacket Potato Naan Bread (G,ML)  Baked Beans Sweetcorn & Mixed Peppers Mixed Salad	Roast Potatoes Malted Baguette (G,ML)  Broccoli Florets Garden Peas Mixed Salad	Chips Ciabatta Slice (G,ML)  Garden/Baked Beans Baton Carrots Mixed Salad
ACCOMPANIMENTS	Tomato Sauce		Vinegar (G)	Sage & Onion Stuffing (G) Gravy	Tomato Sauce
DESSERTS	Iced Fruit Sponge (G,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)	Beetroot Flat Bread (G,ML,E)	Brown Bread (G)	White Bread (G)	Brown Bread (G)

**MILK – FRUIT – YOGURT AVAILABLE DAILY**

**G = Gluten ML = Milk/Lactose E = Eggs V = Vegetarian  
For all other allergens please ask a member of catering staff**

