

Autumn Term Dinner Menu

9TH SEPTEMBER 2019 – 19TH DECEMBER 2019



Lawn
Primary
School

Jacket Potatoes and Pasta will be available
on alternate days

Each day there will also be fresh bread or rolls available

Fruit and Yogurts are also available each day

There will also be a choice of Milk or Water

Week ONE 9/9/19, 30/9/19 21/10/19, 18/11/19 & 9/12/19	Monday	Tuesday	Wednesday	Thursday	Friday
Meat or fish option one	Beef Bolognese or Chilli	Sausage Rolls (G)	Roast Gammon Joint	Pepperoni Pizza (MI) (G)	Harry Ramsden battered fish (F)(G)(MI)
Meat or fish option two	Tuna Mayo or cheese (MI)	Chicken Tikka Pie (G)	Chicken Burritos (MI)(G)	B B Q Sausage pasta bake (MI) (G)	Thai salmon fishcake (F)(G)(MI)
Vegetarian option	Baked Beans and spaghetti hoops	Vegetarian Roll (G)	Italian style Quorn fillet	Cheese and Tomato Pizza (MI)(G)	Vegetable fingers (MI)(G)
Side	Jacket potatoes or savoury rice	Boiled Potatoes	Roast or boiled potatoes	Pasta salad (G)	Chipped potatoes
Vegetable Selection	Peas and carrots	Baked bean and mixed vegetables	Sweetcorn and broccoli	Carrot and peas	Mixed vegetables and cauliflower
Salad bar	Available every day	Available every day	Available every day	Available every day	Available every day
Dessert	Apple shortbread (MI)(G)	Vanilla Rice Pudding (MI)	Marble cupcake (MI)(G)	Vanilla ice cream (MI)	yoghurt and fruit station(MI)

KEY

(C) - Celery	(G) - Gluten	(M) - Mustard	(S) - Soya
(CR) - Crustaceans	(L) - Lupin	(N) - Nuts	(SE) - Sesame
(E) - Eggs	(MI) - Milk	(P) - Peanuts	
(F) - Fish	(MO) - Molluscs	(SDS) -Sulphur Dioxide & Sulphites	

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Week two 16/9/19, 7/10/19 4/11/19, 25/11/19 16/12/19	Monday	Tuesday	Wednesday	Thursday	Friday
Meat or fish option one	Beef burger in a bun (G)	Chicken Strips	Roast Pork loin with apple sauce	Beef Bolognese	Battered cod fillet (F)(G)(MI)
Meat or fish option two	Turkey burger in a bun (G)	Beef and vegetable stir fry (SE)	Chicken and vegetable casserole with cheesy dumplings (MI)(G)	B B Q chicken sauce	Salmon bite (F)(G)(MI)
Vegetarian option	Quorn burger in a bun (G)	Quorn Nuggets	Vegetable and Quorn hot pot	Macaroni cheese (MI)(G)	Tomato & Peppers pasta bake (MI)(G)
Side	Herb diced potatoes	Noodle or steamed rice (G)(E)	Creamed or boiled potatoes (MI)	50/50 pasta (G)	Oven chips
Vegetable Selection	Peas and cauliflower	Broccoli and diced carrot	Mixed vegetable and broccoli	Cauliflower and broccoli mix and sweetcorn	Carrot and peas
Salad bar	Available Every Day	Available Every Day	Available Every Day	Available Every Day	Available Every Day
Dessert	Orange biscuit (MI)(G)	Sticky toffee pudding and custard (MI)(G)	Fruit and yoghurt station (MI)	Strawberry or toffee mousse (MI)	Apple and Sultana flapjack (MI)(G)

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Week three 23/9/19, 14/10/19 11/11/19 & 2/12/19	Monday	Tuesday	Wednesday	Thursday	Friday
Meat or fish option one	Oven baked Sausages with Yorkshire pudding (MI)(G)(E)	Gluten free meatball in tomato and basil sauce	Roast turkey with sage and onion stuffing (G)	Chicken enchiladas (MI) (G)	Harry Ramsden battered fish (F)(G)(MI)
Meat or fish option two	Cottage pie	Sausage marinara	Chicken, leek and potato bake (MI)	Pasta bolognaise bake (MI) (G)	Fish finger (F)(G)(MI)
Vegetarian option	Quorn vegetable and potato pie	Meat free ball in tomato and basil sauce	Sweet potato and Quorn casserole	Quorn and vegetable enchiladas (G)(MI)	Tomato and Quorn Quesadillas (MI) (G)
Side	Boiled potatoes	Spaghetti (G)	Creamed or boiled potatoes (MI)	50/50 Mexican rice (G)	Chips
Vegetable Selection	Peas and spaghetti hoops (G)	Broccoli and mixed vegetable	Oven roasted vegetable and baby carrot	cauliflower and sweetcorn	Carrot and peas
Salad bar	Available every day	Available every day	Available every day	Available every day	Available every day
Dessert	Oat and fruit biscuit (MI)(G)	Apple crumble and custard (MI)(G)	Yoghurt and fruit station (MI)	Chocolate crunch (MI)(G)	Ice cream and fruit station (MI)

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