

Primary Menu – Autumn / Winter 2020 – (version 1)

Shute Community Primary School

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Organic Beef Burger in Wholemeal Bap with Tomato Ketchup	Salmon and Sweet Chilli Noodles	Roast Beef & Gravy	Pasta Bolognese	Mini Battered Fish Fillet
Option 2	Sweet Potato and Lentil Curry with Rice	Macaroni Cheese	Tomato Tumble	Cheese Wheel and Pasta	Vegetable Fingers
Sides	Wedges, Baked Beans or Sweetcorn	Crusty Bread, Carrots and Peas	Roast or Mashed Potato, Green Beans and Carrots	Roasted Vegetables	Chips, Peas or Baked Beans
Desserts	Fruity Flap Jack Or Fresh Fruit Or Yoghurt	Devonshire Apple Cake and Custard Or Fresh Fruit Or Yoghurt	Fresh Fruit Platter Or Yoghurt	Sticky Chocolate Cake with Chocolate Sauce Or Fresh Fruit Or Yoghurt	Shortbread Biscuit Or Fresh Fruit Or Yoghurt
Jacket Potato	Jacket Potato with Cheese/Beans or Tuna	Jacket Potato with Cheese/Beans or Tuna	Jacket Potato with Cheese/Beans or Tuna	Jacket Potato with Cheese/Beans or Tuna	Jacket Potato with Cheese/Beans or Tuna
Packed Lunch	Egg, Tuna, Cheese or Ham Sandwich with Salad pot	Egg, Tuna, Cheese or Ham Sandwich with Salad pot	Egg, Tuna, Cheese or Ham Sandwich with Salad pot	Egg, Tuna, Cheese or Ham Sandwich with Salad pot	Egg, Tuna, Cheese or Ham Sandwich with Salad pot
Available Each Day	Salad & bread,				
Week starting:	02/11/20; 23/11/20; 14/12/20; 18/01/21; 08/02/21; 08/03/21; 29/03/21				

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Organic Pork Meatballs in Tomato Sauce	Cheese & Tomato Pizza	Roast Chicken & Stuffing with Gravy	Breakfast Brunch	Fish Fingers
Option 2	Cauliflower and Broccoli Cheesy Bake	Veggie Chilli and Rice	Veggie Roast and Gravy	Veggie Burger and Wedges	Quorn Nuggets
Sides	Farmhouse Veg and Wholemeal Pasta	Wedges, Beans or Sweetcorn	Roast or Mashed Potato, Cabbage and Carrots	Baked Beans, Grilled Tomatoes and Mushrooms	Chips, Peas or Baked Beans
Desserts	Apple and Cherry Crumble with Custard Or Fresh Fruit Or Yoghurt	Fresh Fruit Platter Or Yoghurt	Organic Pip Ice Lolly Or Fresh Fruit Or Yoghurt	Vanilla Cup Cake Or Fresh Fruit Or Yoghurt	Chocolate & Date Cookie Or Fresh Fruit Or Yoghurt
Jacket Potato	Jacket Potato with Cheese/Beans or Tuna	Jacket Potato with Cheese/Beans or Tuna	Jacket Potato with Cheese/Beans or Tuna	Jacket Potato with Cheese/Beans or Tuna	Jacket Potato with Cheese/Beans or Tuna
Packed Lunch	Egg, Tuna, Cheese or Ham Sandwich with Salad pot	Egg, Tuna, Cheese or Ham Sandwich with Salad pot	Egg, Tuna, Cheese or Ham Sandwich with Salad pot	Egg, Tuna, Cheese or Ham Sandwich with Salad pot	Egg, Tuna, Cheese or Ham Sandwich with Salad pot
Available Each Day	Salad & bread,				
Week starting:	09/11/20; 30/11/20; 04/01/21; 25/01/21; 22/02/21; 15/03/21				

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	West Country Sausage with Gravy or Tomato Ketchup	Lasagne	Roast Pork, Apple Sauce and Gravy	Hunters Chicken & Rice	Mini Battered Fish Fillet
Option 2	Vegetable Lasagne	Veggie Sausage Roll and Pasta	Lentil Loaf and Gravy	Cheesy Pizza Muffin and Wedges	Quorn Sticky Sausages
Sides	Mashed Potato, Baked Beans or Sweetcorn	Peas and Green Beans	Roast or Mashed Potato, Cauliflower and Carrots	Broccoli and Sweetcorn	Chips, Peas or Baked Beans
Desserts	Chocolate Cracknel Or Fresh Fruit Or Yoghurt	Carrot Cake Or Fresh Fruit Or Yoghurt	Fruit Jelly and Langle Farm Ice Cream Or Fresh Fruit Or Yoghurt	Fresh Fruit Platter Or Yoghurt	Oat Cookie Or Fresh Fruit Or Yoghurt
Jacket Potato	Jacket Potato with Cheese/Beans or Tuna	Jacket Potato with Cheese/Beans or Tuna	Jacket Potato with Cheese/Beans or Tuna	Jacket Potato with Cheese/Beans or Tuna	Jacket Potato with Cheese/Beans or Tuna
Packed Lunch	Egg, Tuna, Cheese or Ham Sandwich with Salad pot	Egg, Tuna, Cheese or Ham Sandwich with Salad pot	Egg, Tuna, Cheese or Ham Sandwich with Salad pot	Egg, Tuna, Cheese or Ham Sandwich with Salad pot	Egg, Tuna, Cheese or Ham Sandwich with Salad pot
Available Each Day	Salad & bread,				
Week starting:	16/11/20; 07/12/20; 11/01/21; 01/02/21; 01/03/21; 22/03/21				