

MENU

NEWSHAM PRIMARY SCHOOL

WEEK ONE

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Choices	Chicken Curry or Fish Cake or Cheese / Tuna / Ham Sandwich or Jacket Potato with Cheese or Tuna	Roast Chicken / Quorn Fillet with Yorkshire Pudding or Cheese / Tuna / Ham Sandwich	Pasta Bolognese / Quorn Bolognaise or Salmon Nibbles or Cheese / Tuna / Ham Sandwich	Roast Chicken / Quorn Fillet with Yorkshire Pudding or Cheese / Tuna / Ham Sandwich or Jacket Potato with Cheese or Tuna	Cheese or Pepperoni Pizza Cheese / Tuna / Ham Sandwich or Jacket Potato with Cheese or Tuna
Potatoes Pasta/Rice	Wholegrain Rice Potato Waffles	Potatoes	Garlic Bread Potato Wedges	Roast Potatoes	Chips
Vegetables	Peas / Sweetcorn Salad Bar	Carrots / Peas Salad Bar	Carrots / Sweetcorn Salad Bar	Carrots / Broccoli Salad Bar	Beans Salad Bar
Sweets	Fruit Whip Yoghurt / Fruit	Crispy Cake / Fresh Fruit / Yoghurt	Ice Cream Tub / Yoghurt / Fresh Fruit	Beetroot Brownie / Fresh Fruit / Yoghurt	Biscuit and Milk / Yoghurt / Fresh Fruit

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WEEK TWO

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Choices	Tomato & Basil Pasta or Breaded Cod Portion or Cheese / Tuna / Ham Sandwich	Roast Chicken / Quorn Fillet / Yorkshire Pudding or Cheese / Tuna / Ham Sandwich or Jacket Potato with Cheese or Tuna	Sausages / Vegetable Sausages or Cheese / Tuna / Ham Sandwich or Jacket Potato with Cheese or Tuna	Roast Chicken / Quorn Fillet with Yorkshire Pudding or Cheese / Tuna / Ham Sandwich or Jacket Potato with Cheese or Tuna	Chicken Nuggets / Quorn Nuggets or Cheese / Tuna / Ham Sandwich or Jacket Potato with Cheese or Tuna
Potatoes Pasta / Rice	Smiley Faces	Roast Potatoes	Mashed Potato Yorkshire Pudding	Roast Potatoes	Oven Baked Chips
Vegetables	Peas / Sweetcorn Salad Bar	Carrots / Broccoli Salad Bar	Sweetcorn / Peas Salad Bar	Carrots / Peas Salad Bar	Baked Beans Salad Bar
Sweets	Mini Muffin / Fresh Fruit / Yoghurt	Flapjack / Yoghurt / Fresh Fruit	Ice Cream Tub / Yoghurt / Fresh Fruit	Jelly / Fresh Fruit / Yoghurt	School Cake / Fresh Fruit / Yoghurt

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WEEK THREE

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Choices	Meatballs in Sauce / Cheese Melt or Cheese / Tuna / Ham Sandwich or Jacket Potato with Cheese or Tuna	Roast Chicken / Quorn Fillet with Yorkshire Pudding or Cheese / Tuna / Ham Sandwich or Jacket Potato with Cheese or Tuna	Beef Burger in a Bun / Cheese and Bean Melt or Cheese / Tuna / Ham Sandwich	Roast Chicken / Quorn Fillet with Yorkshire Pudding or Cheese / Tuna / Ham Sandwich or Jacket Potato with Cheese or Tuna	Fish Fingers / Mac n Cheese or Cheese / Tuna / Ham Sandwich
Potatoes Pasta / Rice	Potato Waffles	Roast Potatoes	Chips	Roast Potatoes	Chips
Vegetables	Sweetcorn Peas Salad Bar	Peas Carrots Salad Bar	Beans Salad Bar	Carrots Broccoli Salad Bar	Baked Beans Sweetcorn Salad Bar
Sweets	Apple Sponge / Custard / Fresh Fruit / Yoghurt	Rice Pudding / Yoghurt / Fresh Fruit	Ice Cream Tub / Fresh Fruit / Yoghurt	Biscuit and Milk / Fresh Fruit / Yoghurt	Iced Cake / Fresh Fruit / Yoghurt