

# Primary School Menu

Dates: 24<sup>th</sup> April, 15<sup>th</sup> May, 12<sup>th</sup> June, 3<sup>rd</sup> July, 24<sup>th</sup> July, 18<sup>th</sup> Sept, 9<sup>th</sup> October

## Monday

Chicken Burger in a bun  
Potato Wedges  
Seasonal Salad

Energy	Fat	Saturates	Carbohydrate	Protein
180.0	3.7	0.9	29.4	6.1
9%	5%	4%	0%	0%

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Kentucky Veggie Burger in a bun  
Potato Wedges  
Seasonal Salad

Energy	Fat	Saturates	Carbohydrate	Protein
315.3	13.9	1.8	33.7	11.8
16%	20%	9%	0%	0%

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Home – Bake  
Lemon Drizzle Cake

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Fresh Fruit Platter  
Yogurts

## Tuesday

Meat Bolognese  
Pasta  
Broccoli

Energy	Fat	Saturates	Carbohydrate	Protein
269.9	1.9	0.4	15.4	13.9
14%	3%	2%	0%	0%

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Cheese Flan  
Sliced Potatoes  
Broccoli

Energy	Fat	Saturates	Carbohydrate	Protein
235.8	16.2	8.7	11.5	10.6
12%	23%	43%	0%	0%

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Home Bake – Oat  
Cookie

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Fresh Fruit Platter  
Yogurts

## Wednesday

Roast Pork or Chicken  
& Rice  
Roast Potatoes  
Green Beans  
Cauliflower

Energy	Fat	Saturates	Carbohydrate	Protein
124.8	8.1	3.2	1.1	12.1
6%	12%	16%	0%	0%

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Tomato Pasta Bake  
Green Beans &  
Cauliflower

Energy	Fat	Saturates	Carbohydrate	Protein
310.6	10.7	5.6	6.5	15.0
16%	15%	28%	0%	0%

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Raspberry Iced  
Smoothie

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Fresh Fruit Platter  
Yogurts

## Thursday

Chicken Bites  
Sliced Potatoes  
Baked Beans

Energy	Fat	Saturates	Carbohydrate	Protein
180.0	3.7	0.9	29.4	6.1
9%	5%	4%	0%	0%

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Cauliflower &  
Broccoli Bake  
Mashed Potatoes

Energy	Fat	Saturates	Carbohydrate	Protein
378.2	9.4	5.0	18.5	18.0
19%	13%	25%	0%	0%

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Home Bake -  
Chocolate Brownie

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Fresh Fruit Platter  
Yogurts

## Friday

Fish Fingers  
Chips  
Peas

Energy	Fat	Saturates	Carbohydrate	Protein
183.6	8.2	0.7	15.3	11.7
9%	12%	4%	0%	0%

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Cheese & Tomato  
Pizza  
Chips & Peas

Energy	Fat	Saturates	Carbohydrate	Protein
154.8	5.0	2.3	19.8	6.6
8%	7%	12%	0%	0%

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Home Bake - Fruit  
Muffin

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Fresh Fruit Platter  
Yogurts

Available Daily

Home Baked Bread  
Seasonal Salads



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