

# Primary School Menu

Dates: 17<sup>th</sup> April, 8<sup>th</sup> May, 5<sup>th</sup> June,  
26<sup>th</sup> June, 17<sup>th</sup> July, 11<sup>th</sup> Sept, 2<sup>nd</sup> October,  
23<sup>rd</sup> October

# WEEK ONE

## Monday

Baked Sausages  
Mashed Potatoes  
Peas  
Carrots

Energy	Fat	Saturates	Sugars	Salt
133kcal	6.7g	2.3g	1.9g	0.78g
7%	10%	11%	2%	13%

\*\*\*\*\*

Vegetable Burrito  
Seasonal Salad

Energy	Fat	Saturates	Carbohydrate	Protein
170.4	2.5	0.3	27.7	7.0
9%	4%	1%	0%	0%

\*\*\*\*\*

Home Bake - Iced Buns

\*\*\*\*\*

Fresh Fruit Platter  
Yogurts

## Tuesday

Tandoori Chicken  
Wrap  
Potato Wedges  
Corn Cobs

Energy	Fat	Saturates	Carbohydrate	Protein
102.9	6.7	1.1	1.7	8.7
5%	10%	5%	0%	0%

\*\*\*\*\*

Salmon Fish Cake  
Potato Wedges  
Corn Cobs

Energy	Fat	Saturates	Carbohydrate	Protein
129.4	4.9	0.7	15.2	4.4
6%	7%	4%	0%	0%

\*\*\*\*\*

Home Bake - Frosted Carrot Cake

\*\*\*\*\*

Fresh Fruit Platter  
Yogurts

## Wednesday

Roast Chicken  
Roast Potatoes  
Green Beans  
Cauliflower

Energy	Fat	Saturates	Carbohydrate	Protein
63.6	0.7	0.2	0.0	14.4
3%	1%	1%	0%	0%

\*\*\*\*\*

Quorn Roast  
Roast Potatoes  
Green Beans,  
Cauliflower

Energy	Fat	Saturates	Carbohydrate	Protein
51.1	0.6	0.3	1.2	8.7
3%	1%	1%	0%	0%

\*\*\*\*\*

Home Bake - Chocolate Cookie

\*\*\*\*\*

Fresh Fruit Platter  
Yogurts

## Thursday

Homemade Sausage  
Roll  
Mashed Potatoes  
Baked Beans

Energy	Fat	Saturates	Carbohydrate	Protein
129.5	8.9	3.2	6.5	5.9
6%	13%	16%	0%	0%

\*\*\*\*\*

Vegetable Noodle  
Chow Mein

Energy	Fat	Saturates	Carbohydrate	Protein
236.7	4.8	0.5	39.7	8.1
12%	7%	3%	0%	0%

\*\*\*\*\*

Home Bake - Apple  
Flapjack

\*\*\*\*\*

Fresh Fruit Platter  
Yogurts

## Friday

Fish Fingers  
Chips  
Crudites & Coleslaw

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

\*\*\*\*\*

Cheese & Tomato  
Pizza  
Chips  
Baked Beans

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

\*\*\*\*\*

Strawberry Mousse

\*\*\*\*\*

Fresh Fruit Platter  
Yogurts

Available Daily

Home Baked Bread  
Seasonal Salads



MSC-C-54995

