

Primary School Menu

Dates: 1st May, 22nd May, 19th June, 10th July, 4th Sept, 25th Sept, 16th October

WEEK THREE

Monday

Meatballs in Tomato Sauce
Pasta
Corn Cobs & Salad

Energy	Fat	Saturates	Sugars	Salt
116kcal	0.9g	0.2g	1.4g	<0.01g
6%	1%	1%	2%	0%

Vegetable Nugget Wrap
Sweet Potato Fries
Corn Cobs & Salad

Energy	Fat	Saturates	Carbohydrate	Protein
1.0	0.0	0.0	0.1	0.1
0%	0%	0%	0%	0%

Home Bake –
Vanilla Cookie

Fresh Fruit Platter
Yogurts

Tuesday

Chicken Curry
Rice
Green Beans

Energy	Fat	Saturates	Carbohydrate	Protein
342.9	12.2	4.4	42.3	15.2
17%	17%	22%	0%	0%

Filled Panini
Potato Wedges
Coleslaw

Energy	Fat	Saturates	Sugars	Salt
83kcal	6.8g	4.3g	0.0g	0.0g
4%	10%	22%	0%	0%

Jelly & Ice Cream

Fresh Fruit Platter
Yogurts

Wednesday

Roast Chicken
Roast Potatoes
Cabbage
Carrots

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

Cheese Whirl
Baked Beans

Energy	Fat	Saturates	Carbohydrate	Protein
196.2	13.6	8.2	5.2	10.6
9%	19%	41%	0%	0%

Home Bake - Apple
Eve Pudding &
Custard

Fresh Fruit Platter
Yogurts

Thursday

Meat & Potato Pie
Broccoli
Sweetcorn

Energy	Fat	Saturates	Sugars	Salt
63kcal	4.0g	1.9g	1.2g	0.31g
3%	6%	9%	1%	5%

Macaroni Cheese
Broccoli
Sweetcorn

Energy	Fat	Saturates	Carbohydrate	Protein
365.1	13.6	7.3	45.4	14.6
18%	19%	36%	0%	0%

Chocolate Mousse

Fresh Fruit Platter
Yogurts

Friday

Fish Fingers
Chips
Peas

Energy	Fat	Saturates	Carbohydrate	Protein
183.6	6.2	0.7	15.3	11.7
9%	12%	4%	0%	0%

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%

Rocket Lolly

Fresh Fruit Platter
Yogurts

Available Daily

Home Baked Bread
Seasonal Salads



MSC-C-54995

