

[WEEKLY MENU]



Week 1

Week Commencing: Mon 8th Jan - Mon 29th Jan - Mon 26th Feb - Mon 18th Mar



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	Vegetable Bean Chilli (CE, G, MU)	Fish Fingers & Chips (F, G)	Roast Turkey & Gravy	Caribbean Chicken Curry (CE, G*)	Beef Burger & Homemade Potato Wedges (G, SE*, SO)
Vegetarian Dish of the Day	Roasted Vegetable & Black Bean Tacos (CE, G, MU)	Vegan Nuggets & Chips (G)	Root Vegetable Wellington (CE, E, G)	Jerk Quorn Burrito (CE, E, G)	Vegetable Bean Burger & Homemade Potato Wedges (G, SE*)
Vegetable Choice	Rice & Peas with Seasonal Vegetables	Beans or Peas	Rustic Roast Potatoes & Medley of Seasonal Vegetables	Rice & Sweetcorn	Baked Beans or Coleslaw (E, MU)
Dessert of the Day	Cheese & Crackers (G, MK)	Sunshine Smoothie (MK)	Peaches & Custard (MK)	Yoghurt & Strawberry Coulis (MK)	Apple Pie & Custard (E, G, MK)
Jacket Potato Bar	See Board for Details	See Board for Details	See Board for Details	See Board for Details	See Board for Details
Cold Selection	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit

Allergens:

CE = Celery, CR = Crustacean, E = Eggs, F = Fish, G = Cereals Containing Gluten, L = Lupin, MK = Milk, MO = Molluscs, MU = Mustard, N = Nuts, P = Peanuts, SO = Soya, SU = Sulphur, SE = Sesame Seeds * = May Contain

Michael Faraday
Primary School



[WEEKLY MENU]



Week 2

Week Commencing: Mon 15th Jan - Mon 5th Feb - Mon 4th Mar - Mon 25th Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	Quorn Cottage Pie (CE, E, G, MK)	Chicken Arrabbiata (CE, G)	Roast Beef & Gravy	Mild Chicken Tikka Masala & Rice (CE, G*, MK)	Battered Fish & Chips (F, G)
Vegetarian Dish of the Day	Veggie Sausage Casserole and Creamy Mash (CE, G, MK)	Roasted Vegetables Arrabbiata (CE, G)	Winter Vegetable Quiche & Nut Free Pesto (E, G, MK)	Vegetable & Lentil Dhal Rice (CE, G*)	Homemade Vegan Sausage Roll & Chips (G)
Vegetable Choice	Seasonal Greens	Garlic Bread & Chef Salad (G, MK)	Rustic Roast Potatoes & Seasonal Vegetables	Seasonal Vegetables	Beans or Peas
Dessert of the Day	Cheese & Crackers (G, MK)	Fruit Jelly	Rice Pudding & Strawberry Coulis (MK)	Fresh Fruit & Cream (MK)	Berry Crumble Traybake & Custard (E, G, MK*)
Jacket Potato Bar	See Board for Details	See Board for Details	See Board for Details	See Board for Details	See Board for Details
Cold Selection	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit



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Week 3

Week Commencing: Mon 22nd Jan - Mon 19th Feb - Mon 11th Mar



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	African Vegetable Stew (CE, G*)	Meat Feast Pizza (G, MK)	Sweet & Sour Chicken Balls (CE, E, G, SO)	Fish Fingers & Chips (F, G)	Beef Lasagne (E*, G, MK)
Vegetarian Dish of the Day	Sweet Potato, Red Onion & Lentil Pasty (CE, E, G)	Margherita Pizza (G, MK)	Sweet & Sour Vegetables (CE)	Vegan Nuggets & Chips (G)	Mac & Cheese (G, MK)
Vegetable Choice	Seasonal Greens	Seasoned Potato Wedges & Sweetcorn	Egg Fried Rice & Stir Fried Greens (E, G, SO)	Beans or Peas	Green Salad or Coleslaw (E, MU)
Dessert of the Day	Cheese & Crackers (G, MK)	Yoghurt with Honey (MK)	Strawberry Smoothie (MK)	Pears & Custard (MK)	Lemon Drizzle Cake (E, G, SU)
Jacket Potato Bar	See Board for Details	See Board for Details	See Board for Details	See Board for Details	See Board for Details
Cold Selection	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit

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