



OLDSWINFORD PRIMARY SCHOOL LUNCH MENU

SEPTEMBER 2019 TO APRIL 2020

WEEK 1

2 SEPTEMBER, 23 SEPTEMBER, 14 OCTOBER,
11 NOVEMBER, 2 DECEMBER, 6 JANUARY,
27 JANUARY, 24 FEBRUARY, 16 MARCH

MONDAY

Pork Sausage in Onion Gravy
Fish Finger Wrap
v- Quorn Sausage in Onion Gravy
Mashed Potato
Peas & Baked Beans
Fruit Flapjack & Custard

TUESDAY

Chicken Tikka Curry
Mediterranean Chicken Wrap
v- Macaroni Cheese
Best of both rice, Sweetcorn
Jam Rounds

WEDNESDAY

Roast Chicken & Seasoning
Barbecue Wrap
v- Quorn Chicken Pitta/Pizza Pocket
Roast and Baby Potatoes
Carrots & Cabbage
Apple Crumble & Custard

THURSDAY

Spaghetti Bolognese & Garlic Bread
Chicken Wrap
v- Vegetarian & Lentil Spaghetti
& Garlic Bread
Waffle Fries, Sliced Green Beans
& *Coleslaw*
Lemon Drizzle Cake & Custard

FRIDAY

v- Margherita Pizza
Breaded Fish Fillet
Roast Vegetable Wrap
Chipped Potatoes
Baked Beans & Sweetcorn
Banana Muffin & Glass of Milk

WEEK 2

9 SEPTEMBER, 30 SEPTEMBER, 21 OCTOBER,
18 NOVEMBER, 9 DECEMBER, 13 JANUARY,
3 FEBRUARY, 2 MARCH, 23 MARCH

Beef Grill
Chicken Wrap
v- Cheese Pinwheel
Fat Free Wedges
Sweetcorn & Spaghetti Hoops
Fruit Cheesecake

Cottage Pie
BBQ Chicken Wrap
v- Quorn Cottage Pie
Sauté Potatoes,
Country Mixed Vegetables
Pineapple Upside down Cake & Custard

Roast Gammon & Pineapple
Chicken Wrap
v- Vegetable & Lentil Korma
Boiled Rice / Mashed Potato
Carrots & Peas
Rice Pudding with Pears & Raisins

Meatballs in tomato sauce
Chicken Wrap
v- Vegetable & Quorn Pie
Pasta twists, Waffle Fries,
Green Beans & Sweetcorn
Chocolate Crunch & Mint Custard

Chicken Pitta Pizza Pocket
Fish Finger Wrap
v- Vegetarian Pizza
Chipped Potatoes, Peas & Baked Beans
Strawberry Mousse

WEEK 3

16 SEPTEMBER, 7 OCTOBER, 4 NOVEMBER,
25 NOVEMBER, 16 DECEMBER, 20 JANUARY,
10 FEBRUARY, 9 MARCH, 30 MARCH

Chicken Katsu Curry
Chicken Wrap
v- Quorn Katsu Curry
Boiled Rice, Diced Potatoes
Peas, Carrots
Eton Mess

All Day Breakfast
v- Veggie Breakfast Wrap
Tuna Tomato Pasta Bake
Hash Browns, Garlic Bread
Baked Beans, Sweetcorn
Chocolate Sponge with Beetroot &
Chocolate Sauce

Roast Beef & Yorkshire Pudding
Chicken Wrap
v- Cheese Savoury
Roast & Boiled Potatoes,
Broccoli, Mixed Veg
Apple & Blackcurrant Crumble
& Custard

Chicken Wrap
v- Quorn Sausage Cowboy Hotpot
Wedges, Sweetcorn, Rainbow Slaw
Sticky Toffee Pudding & Custard

Tempura Fish Goujons Wrap
v- Margherita Pizza
Chipped Potatoes, Baked Beans,
Peas & Sweetcorn Mix
Oaty Cookie

DELI OPTIONS

(ALWAYS AVAILABLE)

Jacket Potato Served with a variety of fillings
Help yourself salad cart, freshly made bread,
Grab bag sandwich meal

DAILY DESSERTS

(ALWAYS AVAILABLE)

Chef's handmade dessert (see board for details)

Selection of fresh fruit, Yoghurt, Cheese & Biscuits, Jelly, Orange Squash (new)

