



OLD PARK 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 Toad in the hole
Salmon Bites
v - Quorn Sausage in Onion Gravy
Boiled Potato, Peas & spaghetti
Fruity Flapjack & Custard

TUESDAY

Chicken Tikka Curry and Naan bread
v - Quorn balls /
Macaroni Cheese
*Best of both rice, Boiled potatoes,
carrots and swede*
Jam sponge

WEDNESDAY

Roast Chicken & Seasoning
v - Cheese pasty/ Quorn burger
*Roast and Boiled Potatoes,
Carrots, Cabbage & cauliflower*
Apple Crumble & Custard

THURSDAY

Spaghetti Bolognese & Garlic Bread
Baked fish cakes
v - Quorn meat free roll
Curly fries, broccoli & peas
Lemon Drizzle Cake & Custard

FRIDAY

Chicken steaks/breaded fish
v - Margherita Pizza
*Chipped Potatoes,
Baked Beans & mixed vegetables*
Vanilla iced sponge

WEEK 2

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

Beef Grill
v - Vegetable bake/cheese pie
Carrots & Spaghetti Hoops
Fruit Cheesecake

Meat lasagne and garlic bread
v - Vegetable nuggets/Quorn burger
*Sauté Potatoes, Country
Mixed Vegetables & swede*
Pineapple Upside down Cake & Custard

Roast Pork and seasoning
v - Vegetable cheese bake/Broccoli and
tomato quiche
*Roast and boiled Potato Carrots, Peas
& sprouts*
Cornflake tart and custard

BBQ chicken wrap/baked fish
v - Vegetable & Quorn Pie
Waffle Fries, Green Beans & carrots
Chocolate Crunch & Custard

Baked sausage/baked fish
v - Cheese & tomato Pizza
*Chipped Potatoes, Mixed vegetables &
Baked Beans*
Carrot cake and custard

WEEK 3

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

Chicken Jalfrazi/Tempura Fish Goujons
v - Cheese and potato pie
*Boiled Rice, boiled Potato,
Peas, Carrots*
Apple sponge

Cottage pie/Tuna & Tomato Pasta Bake
v - Cheese and onion roll
*Potato wedges & boiled potato, swede
and broccoli*
Chocolate Sponge with Beetroot &
Custard

Roast Beef & Yorkshire Pudding
Lemon sole
v - Plain omelette
*Roast & Boiled Potatoes
Cauliflower, Cabbage, carrots*
Apple & Blackcurrant Crumble & Custard

Steak pie
v - Vegetable bake
v - Quorn Sausage Cowboy Hotpot
*Curly fries and boiled potato, spaghetti
and green beans*
Sticky Toffee Pudding & Custard

Cod Bites/chicken nuggets
v - Margherita Pizza
*Chipped Potatoes
Baked Beans / mixed vegetables*
Oaty Cookie

DELI OPTIONS

(ALWAYS AVAILABLE)

Jacket Potato Served with a variety of fillings
Help yourself salad cart, freshly made bread, naan 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)

