

# Boothville Primary School - School Lunch Menu Sep - Dec 23

		Monday	Tuesday	Wednesday	Thursday	Friday
04/09/2023 02/10/2023 06/11/2023 04/12/2023	Week 1	Chicken curry or choice of beans (reduced salt & sugar) grated cheese or tuna	Roast chicken or halal roast chicken or Quorn fillet	Pork meatballs in tomato sauce or halal chicken in tomato sauce or plant based balls in tomato sauce	Cheese & tomato pizza containing wholemeal flour or gluten-free cheese & tomato pizza or dairy-free pizza	Fish star or salmon & cod fish cake or vegetarian nuggets, all oven baked
		Rice 50/50 (brown & white mixed) or jacket potato	Roast potatoes/ Yorkshire pudding, gravy made wth veg juice (optional)	Wholemeal pasta & garlic bread slice	Oven baked herbie diced potatoes	Fried chips
		salad (lettuce, tomato & cucumber) or coleslaw	Carrots and brocolli	Diced mixed vegetables	Peas	Reduced salt & sugar baked beans or sweetcorn
		Reduced sugar chocolate shortcake (made with cocoa) or fruit or yoghurt	Vegetarian jelly with fresh fruit or yoghurt	Vanilla ice cream or fresh fruit or yoghurt	Apple crumble and custard or a piece of fresh fruit or yoghurt	Banana cake or fresh fruit or yoghurt
		Water to drink	Water to drink	Water to drink	Water to drink	Water to drink
		TASTER: Cheese & potato pie	TASTER: Vegetable pasta bake	TASTER: Sweet & sour chicken with rice		
11/09/2023 09/10/2023 13/11/2023 11/12/2023	Week 2	Chicken curry or choice of beans (reduced salt & sugar) grated cheese or tuna	Oven baked 70% pork sausage or halal chicken sausage or Quorn vegetarian/vegan sausage	Fresh mince beef bolognese or fresh halal mince bolognese or Quorn mince bolognese	Rosie & Jim 100% chicken breast burger with gluten free coating or halal chicken burger or Quorn buttermilk style burger for vegetarians & vegans	Fish or double cod fish finger or vegetarian nuggets, all oven baked
		Rice 50/50 (brown & white mixed) or jacket potato	mashed potato/ Yorkshire pudding, gravy made with veg juice (optional)	Wholemeal pasta & garlic bread slice	Bread roll & oven baked skin on potato wedges	Fried chips
		salad (lettuce, tomato & cucumber)	Carrots and brocolli	Peas	Diced mixed vegetables	Reduced salt & sugar baked beans or sweetcorn
		A piece of fresh fruit or yoghurt	Reduced sugar vanilla shortcake	Frozen strawberry ice cream (also in dairy free) fresh fruit or yoghurt	Chocolate sponge with chocolate sauce (gluten & dairy free available) or fresh fruit salad or yoghurt	Sultana flapjack biscuit or fresh fruit or yoghurt
		Water to drink	Water to drink	Water to drink	Water to drink	Water to drink
		TASTER: Chicken casserole	TASTER: Lasagne	TASTER: Vegetable curry & rice		

£2.30 per day

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		Monday	Tuesday	Wednesday	Thursday	Friday
18/09/2023 16/10/2023 20/11/2023 18/12/2023	Week 3	Chicken curry or choice of beans (reduced salt & sugar) grated cheese or tuna	Roast chicken or halal roast chicken or Quorn fillet	Pork meatballs in tomato sauce or halal chicken in tomato sauce or vegetables in tomato sauce	Cheese & tomato pizza containing wholemeal flour or gluten-free cheese & tomato pizza or dairy-free pizza	Fish star or salmon & cod fish cake or vegetarian nuggets, all oven baked
		Rice 50/50 (brown & white mixed) or jacket potato	Roast potatoes/ Yorkshire pudding, gravy made with veg juice (optional)	Wholemeal pasta & garlic bread slice	Oven baked potato balls	Fried chips
		mixed salad (lettuce, tomato & cucumber)	Carrots and broccoli	Diced mixed vegetables	Peas or carrot & cucumber sticks	Reduced salt & sugar baked beans or sweetcorn
		Lemon shortcake biscuit or fresh fruit or yoghurt	Vegetarian jelly with fresh fruit or yoghurt	Vanilla ice cream or fresh fruit or yoghurt	Pear sponge with custard or fresh fruit or yoghurt	Banana cake or fresh fruit or yoghurt
		Water to drink	Water to drink	Water to drink	Water to drink	Water to drink
			TASTER: Macaroni cheese	TASTER: Chicken wrap		
25/09/2023 30/10/2023 27/11/2023	Week 4	Chicken curry choice of beans (reduced salt & sugar) grated cheese or tuna	Oven baked 70% pork sausage or halal chicken sausage or Quorn vegetarian/vegan sausage	Chicken in a tomato based sauce or a plant based vegetarian/vegan balls in a tomato sauce	90% beef burger or halal beef burger or plant based burger	Fish or double cod fish finger or vegetarian nuggets, all oven baked
		Rice 50/50 (brown & white mixed) or jacket potato	mashed potato/ Yorkshire pudding, gravy made with veg juice (optional)	Wholemeal pasta & garlic bread slice	Bread roll & oven baked skin on potato wedges	Fried chips
		Peas	Carrots and broccoli	Mixed veg	Salad (lettuce, tomato & cucumber) or coleslaw	Reduced salt & sugar baked beans or sweetcorn
		Orange iced sponge or fresh fruit or yoghurt	Fresh fruit salad or yoghurt	Frozen strawberry ice cream (also in dairy free) fresh fruit or yoghurt	Apple sponge with custard or fresh fruit or yoghurt	Sultana flapjack biscuit or fresh fruit or yoghurt
		Water to drink	Water to drink	Water to drink	Water to drink	Water to drink
			TASTER: Cottage pie	TASTER: Chicken chow mein		

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