

The Downs Primary School – Menu

		WEEK1	WEEK 2	Week 3
MONDAY	Main Meal	TUNA PASTA BAKE (GF) (DF)	PEPPERONI PIZZA (DF) (GF)	NACHO CHICKEN TOPPED WITH PIZZA SAUCE & CHEESE (H)(DF)(GF)
	Vegetarian Meal	CHEESE PASTA BAKE(GF) (DF)	CHEESE PIZZA (DF) (GF)	QUORN FILLET TOPPED WITH PIZZA SAUCE & CHEESE
	Side	SWEETCORN	GARLIC BREAD	50/50 RICE -CAULIFLOWER BROCCOLI CHEESE
	Dessert	FLAPJACK	BANANA CAKE	WAFFLES
	Additional Optional	JACKET POTATO AND BEANS	JACKET POTATO WITH TUNA MAYO	JACKET POTATO WITH CHEESE AND BEANS
TUESDAY	Main Meal	PORK MEATBALLS IN RICH TOMATO SAUCE (H)(DF)(GF)	SWEET AND SOUR CHICKEN (H) (GF)	LAMB MOUSSAKA (H)(GF)(DF) OPTION
	Vegetarian Meal	MEAT FREE MEATBALLS IN RICH TOMATO SAUCE	SWEET AND SOUR QUORN (DF)(GF)	MEAT FREE MOUSSAKA (H) (GF)
	Side	TRI COLOURED FUSILLI / SWEETCORN	50/50 RICE	50/50 RICE
	Dessert	CARROT CAKE	OATY COOKIES	CHOCOLATE BROWINE
	Additional Optional	CHICKEN AND MAYO BAGUETTE (GF)	CHEESE BAGUETTE (GF)	HAM BAGUETTE (GF)
WEDNESDAY	Main Meal	ROAST GAMMON CHICKEN (H)	ROAST TURKEY (H)	ROAST CHICKEN (H)
	Vegetarian Meal	VEGETABLE CHEESE BAKE	MEAT FREE SAUSAGES	QUORN FILLETS
	Side	ROAST POTATOES / YORKSHIRE PUDDINGS /SEASONAL VEGETABLES	ROAST POTATOES / YORKSHIRE PUDDINGS/ SEASONAL VEGETABLES	ROAST POTATOES / YORKSHIRE PUDDINGS /SEASONAL VEGETABLES
	Dessert	JELLY POTS	RAINBOW LOLLY	FRUIT SMOOTHIE
	Additional option			
THURSDAY	Main Meal	CHICKEN KORMA (H) (DF)(GF)	CHICKEN BURGER (H)(GF) CHEESE OPTIONAL	3OZ BEEF BURGER (H)(GF)(DF) CHEESE OPTIONAL
	Vegetarian Meal	VEGGIE CURRY (DF)(GF)	VEGGIE BURGER	QUORN BURGER
	Side	50/50 RICE/ NAAN BREAD	PASTA SALAD	HERBY DICED POTATOES
	Dessert	TRIO OF MELON	JAM SPONGE	ICE CREAM
	Additional Optional	CHEESE WRAP (GF) (DF)	EGG MAYO WRAP (GF)	CHEESE WRAP (GF) (DF)
FRIDAY	Main Meal	FISH FILLET(GF)(DF)	FILLET FISH/ SALMON OPTIONS(GF)(DF)	COD FISH FILLET (GF)(DF)
	Vegetarian Meal	CHEESY & TOMATO MASH SWIRLS	PLAIN OMELETTE	VEGGIE NUGGETS (GF)
	Side	CHIPS/PEAS	CHIPS/ BEANS	CHIPS/SWEETCORN
	Dessert	BLUEBERRY MUFFIN	SHORTBREAD BISCUITS	MINI DOUGHNUT

Fresh Fruit/Yogurts supplied daily as an additional dessert choice. Fresh water and milk available daily. Salad Bar and Wholemeal bread available daily. All of our fresh meat is supplied by a reputable butcher. (GF) = Gluten Free. (DF) = Dairy free (H) = Halal (V) = Vegetarian. Menu subject to availability.