

THE DOWNS PRIMARY SCHOOL & NURSERY - WINTER MENU 2019

		WEEK 1	WEEK 2	WEEK 3
MONDAY	Main Meal	Tuna pasta bake (GF)(DF)	All Day Breakfast (GF)(DF)(H)	Beef bolognese in a taco shell (GF)(DF) Halal bolognese in a taco shell (H)
	Vegetarian Meal	Cheese pasta bake (GF)(DF)	All Day Veggie Breakfast	Quorn bolognese in a taco shell
	Side	Garlic bread and corny cob	Hash Brown, Baked Beans, mushrooms & omelette	50/50 rice and super sweet corn
	Dessert	Mandarin cheesecake	Melon trio	Chocolate cake with chocolate sauce
	Additional Option	Jacket potato with baked beans (GF)(DF)	Cheese Wrap	Jacket Potato with Bolognese or Cheese (GF)
TUESDAY	Main Meal	Crispy Batter Chicken Chunks Halal chicken pieces (H)	Battered chicken in a bun Halal lamb burger in a bun (H)	Homemade Sausage Roll Halal chicken sausage roll (H)
	Vegetarian Meal	Quorn Dippers	Quorn burger in a bun	Meat Free Sausage Roll
	Side	Mash and Super Sweet Corn	Pasta salad, cheese and gherkin	Mash, Baked Beans or Crazy Cabbage
	Dessert	Flapjack (DF)	Waffles, banana and fruit coulis	Creamed rice pudding
	Additional Option	Egg mayo and cress wrap (GF)(DF)	Chicken mayo wrap (GF)(DF)	BLT baguette (DF)
WEDNESDAY	Main Meal	Roast Turkey with cranberry sauce (GF)(DF) Halal Lamb pattie (H)	Roast pork with apple sauce Halal chicken roast (H)	Roast chicken and stuffing Halal chicken roast (H)
	Vegetarian Meal	Vegetable Pattie	Macaroni cheese (GF)(DF)	Vegetable Cheese Grill
	Side	Roast Potatoes, Yorkshire pudding, Seasonal Vegetables and Gravy.	Roast Potatoes, Yorkshire pudding, Seasonal Vegetables and Gravy.	Roast Potatoes, Yorkshire pudding, Seasonal Vegetables and Gravy.
	Dessert	Smoothie / cheese and crackers	Peaches and ice cream /cheese and crackers	Frozen yoghurt/cheese and crackers
	No Additional option			
THURSDAY	Main Meal	Chicken Korma (GF)(DF) Halal chicken korma (H)	Pepperoni pizza (GF)(DF)	Pork Meatballs in a Tomato Sauce Halal meatballs in a Tomato Sauce (H)
	Vegetarian Meal	Sweet potato and Lentil Curry (GF)	Cheese and tomato pizza (GF)(DF)	Quorn in a Tomato Sauce
	Side	50/50 Rice and Naan Bread	Rice salad, coleslaw and garlic bread	Penne pasta and Super Sweet Corn
	Dessert	Eves Sponge with Custard	Carrot cake	Chocolate Krispie cake
	Additional Option	Jacket Potato Cheese with coleslaw (GF)(DF)	Tuna mayo wrap (GF)	Ham wrap (GF)
FRIDAY	Main Meal	Jumbo Fish Finger (GF)	Fillet of fish (GF)(DF)	Jumbo Fish cake (GF)
	Vegetarian Meal	Cheese and tomato wheel (DF)	Veggie nuggets	Cheese omelette/plain omelette (GF)(DF)
	Side	Chips, Baked Beans or Perfect Peas	Chips, Perfect Peas or baked beans	Chips, Baked Beans or Perfect Peas.
	Dessert	Mini choc doughnuts/cheese and crackers	Oaty biscuit/cheese and crackers	Fresh fruit/cheese and crackers
	No Additional option			

Fresh Fruit and Yoghurts are available daily as an additional dessert choice. Fresh water and milk are available daily. Salad Bar and Wholemeal bread are available daily. All of our fresh meat is supplied by a reputable butcher. (DF) These dishes are Dairy Free. (GF) These dishes are Gluten Free. (H) These dishes are the Halal Option. All menu items are subject to availability.