

## The Downs Primary School – Menu

|                  |                     | WEEK 1                                | WEEK 2  | Week 3  |
|------------------|---------------------|---------------------------------------|---|---|
| <b>MONDAY</b>    | Main Meal           | PEPPERONI PIZZA (GF) (DF)             | TUNA BAKE (H)   | SPAGHETTI NEAPOLITAN (IN TOMATO RAGO SAUCE) (GF) (DF) |
|                  | Halal               | HALAL PEPPERONI (GF) (DF)             |   | SPAGHETTI NEAPOLITAN (IN TOMATO RAGO SAUCE) (GF) (DF) |
|                  | Vegetarian Meal     | CHEESE PIZZA (DF) (GF)                | MAC AND CHEESE (H)  | SPAGHETTI NEAPOLITAN (IN TOMATO RAGO SAUCE) (GF) (DF) |
|                  | Side                | GARLIC BREAD                          | SWEETCORN   | GRATED CHEESE- (OPTIONAL) AND SWEETCORN               |
|                  | Dessert             | JAM ROLY POLY AND CUSTARD             | CARROT CAKE   | APPLECRUMBLE AND CUSTARD                              |
|                  | Additional Optional | EGG MAYO WRAP                         | JACKET POTATO WITH BEANS                                    | JACKET POTATO WITH BEANS/CHEESE                       |
| <b>TUESDAY</b>   | Main Meal           | NACHO CHICKEN (GF) (DF)               | MILD CHICKEN CURRY (GF) (DF)                                | ALL DAY BREAKFAST (GF) (DF)<br>PORK SAUSAGE AND BACON |
|                  | Halal               | HALAL NACHO CHICKEN (GF) (DF)         | HALAL MILD CHICKEN CURRY (GF) (DF)                          | HALAL ALL DAY BREAKFAST (GF) (DF)<br>CHICKEN SAUSAGE  |
|                  | Vegetarian Meal     | NACHO QUORN                           | MILD VEGGIE CURRY (GF) (DF)                                 | QUORN SAUSAGE   |
|                  | Side                | 50/50 RICE                            | 50/50 RICE AND NAAN BREAD                                   | MUSHROOM, HASHBROWN BEANS OMLETTE                     |
|                  | Dessert             | ARTIC ROLL                            | OATY COOKIE   | FRESH FRUIT SALAD                                     |
|                  | Additional Optional | CHEESE PANINI                         | JACKET POTATO WITH TUNA MAYO                                | TUNA MAYO WRAP  |
| <b>WEDNESDAY</b> | Main Meal           | ROAST TURKEY                          | ROAST GAMMON AND PINEAPPLE                                  | ROAST CHICKEN AND STUFFING BALLS (GF) (DF)            |
|                  | Halal               | HALAL ROAST TURKEY                    | HALAL CHICKEN   | HALAL ROAST CHICKEN                                   |
|                  | Vegetarian Meal     | ROASTED QUORN                         | COATED VEG BAKE   | ROAST QUORN   |
|                  | Side                | SEASONAL VEG AND YORKSHIRE<br>PUDDING | SEASONAL VEG AND YORKSHIRE PUDDING                          | SEASONAL VEG AND YORKSHIRE PUDDING                    |
|                  | Dessert             | FRUIT SMOOTHIES                       | JELLY AND FRUIT   | ICE CREAM TUB   |
|                  | Additional option   |                                       |   |   |
| <b>THURSDAY</b>  | Main Meal           | BEEF PASTA BOLOGNESE (GF) (DF)        | BEEF BURGER IN A BUN WITH THE OPTION<br>OF CHEESE (GF) (DF) | CHICKEN BURGER WITH THE OPTION OF CHEESE (GF) (DF)    |
|                  | Halal               | HALAL BEEF PASTA BOLOGNESE            | BEEF HALAL BURGER IN A BUN                                  | HALAL COATED CHICKEN BURGER (GF) (DF)                 |
|                  | Vegetarian Meal     | QUORN PASTA BOLOGNESE                 | QUORN BURGER IN A BUN                                       | VEGGIE BURGER   |
|                  | Side                | CHEESY GARLIC BREAD                   | TORTILLA CRISPS/CHEESE                                      | PASTA AND SALAD (GF)                                  |
|                  | Dessert             | FLAPJACK                              | MINI DOUGHNUTS  | BANOFFEE PIE  |
|                  | Additional Optional | JACKET POTATO AND BOLOGNESE OR CHEESE | WRAP CHEESE   | JACKET POTATO WITH BEANS                              |
| <b>FRIDAY</b>    | Main Meal           | FISH FILLET (GF) (DF) (H)             | JUMBO FISH/ SALMON (GF) (DF) (H)                            | COD FISH FILLET (GF) (DF)(H)                          |
|                  | Halal               |                                       |   |   |
|                  | Vegetarian Meal     | OMLETTE                               | CHEESE AND TOMATO TART                                      | VEGGIE FINGERS  |
|                  | Side                | CHIPS, BEANS AND PEAS                 | CHIPS AND BEANS   | CHIPS, PEAS AND RICE SALAD                            |
|                  | Dessert             | TOFFEE SPONGE                         | STRAWBERRY MOUSSE & FRUIT                                   | CHOCOLATE BROWNIE                                     |

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.