

THE DOWNS PRIMARY SCHOOL AND NURSERY

MEAT SUPPLIED BY LOCAL BUTCHER, FRUIT AND VEGETABLES FROM GREENGROCER.

School Menu

Changing the planet 1 plate at a time.
GF DF H options available



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Mac 'n' cheese Pesto wheel Baked beans Salad bar Cherry and oat slice	Meatballs in tomato sauce with 50/50 rice (Halal available) Spinach and mushroom lasagne Cheese and ham panini Salad Bar Waffle with fruit and yoghurt	Roast Turkey dinner with stuffing (Halal Chicken dinner with stuffing) Quorn fillet Seasonal vegetables, roast potatoes with yorkshire pudding Fruit smoothie or yoghurt	Sausage roll with diced potatoes and hoops (Halal available) Veggie chili and rice with tortilla Jacket potato choice of fillings Salad Bar Fresh fruit salad	Fish fillet Salt and vinegar quorn Chips Chocolate brownie Milkshake
Week 2	Cheese pizza with hoops Tomato pasta Salad bar Jelly or yoghurt	Chicken and ham pasta (Halal available) Quorn meatballs in tomato sauce with 50/50 rice Cheese panini Salad Bar Jam thumb print cookie	Roast chicken dinner with stuffing (Halal available) Vegan sausage Roast potatoes ,seasonal vegetables and yorkshire pudding Fruit smoothie or yoghurt	Beef lasagne with garlic bread (Halal available) Cheese and tomato wheel Jacket potato choice of fillings Sweetcorn Salad Bar Flapjack	Chicken chunks (Halal available) Quorn nuggets Chips Ice cream roll milkshake
Week 3	Cheese and broccoli pasta Veggie enchiladas Fruit mousse	Beef burger in a bun (Halal available) Quorn burger in a bun Saute potatoes Cheese and ham panini Salad Bar Melting Moments	Roast chicken dinner with stuffing (Halal available) Buttermilk quorn fillet Roast potatoes, seasonal vegetables and yorkshire pudding Fruit smoothie or yoghurt	Chicken curry with 50/50 rice and naan (Halal available) Vegetarian quiche Jacket potato choice of fillings Jam thumb print cookie	Jumbo fish finger Vegan fishless finger Chips Chocolate brownie Milkshake

