



St James' CE Primary School – Alexis Street – Autumn/Winter Term 2019-20 - Menu – Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish	<u>Vegetarian Day</u> Four Vegetable and Tomato Pasta (G)	Minced Lamb Pie (G, M)	Roast Turkey/Roast Beef and Yorkshire Pudding (G,E,M)	Sticky Soy and Honey Chicken Drumstick (Sb)	Fish Fingers (G,F) or Salmon Puffs (G,F,M)
Main dish		Lentil and Vegetable Savory Mince (Ce)	Quorn Sausage and Yorkshire Pudding (G,E)	Chickpea and Potato Masala (Mu)	Homemade Vegetarian Sausage Rolls (E,G,M)
Starchy dish	Included in main	Mashed Potatoes (M)	Roast Potatoes	White and Brown Rice	Chips
Vegetable	Vegetable Selection	Sweetcorn and diced peppers	Peas and Carrots	Broccoli	Baked Beans
Salad	Salad bar selection (M,Mu,E,F)	Salad bar selection (M,Mu,E,F)	Salad bar selection (M,Mu,E,F)	Salad bar selection (M,Mu,E,F)	Salad bar selection (M,Mu,E,F)
Dessert	Fresh Fruit Salad	Lemon and Blueberry Cake with Custard (G,M,E)	Chocolate and Banana Cake (G,E,M)	Mandarin Jelly (50% fruit content)	<u>Fruity Friday</u> Selection of Fresh Fruit with Greek Yoghurt (M)
Fruit	Fresh Fruit or Yoghurt (M)	Fruit selection or Yoghurt (M)	Yoghurt (M)	Fruit selection	
Drink	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk

Allergen Coding: Fish(F)- Peanuts(P)- Soya beans(Sb)- Milk(M)- Nuts(N)- Celery(Ce)- Mustard(Mu)- Sesame(Se)- Sulphite(Su)- Lupin(L)- Molluscs(Mo) Eggs(E)- Cereals containing gluten(G)- Crustaceans(Cr)



St James' CE Primary School – Alexis Street – Autumn/Winter Term 2019-20 – Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish	<u>Vegetarian Day</u> Pizza Selection : Sweetcorn, Peppers Onion, Tomato (G,M)	BBQ Chicken Thigh (Sb,Ce,Su)	Beef Bolognese with Wholemeal Fusilli (G,Ce,M)	Makhani Chicken Curry with Brown Rice (Mu,M)	Cod Fish Fingers (G,F)
Main dish		Baked Bean Burger (G,E,M)	Cheese and Tomato Pin Wheel with Tomato Fusilli (G,M)	Spaghetti with Roast Vegetable Sauce (G,Ce)	Mexican Burrito (G,M)
Starchy dish	Potato Wedges	Mexican Rice	Included in Main Course	Included in Main Course	Chips
Vegetable	Coleslaw (E,Mu)	Sweetcorn	Carrots with Peas	Broccoli	Baked Beans
Salad	Salad bar selection (M,Mu,E,F)	Salad bar selection (M,Mu,E,F)	Salad bar selection (M,Mu,E,F)	Salad bar selection (M,Mu,E,F)	Salad bar selection (M,Mu,E,F)
Dessert	Fresh Fruit Salad	Orange and Lemon Drizzle Cake (G,E,M)	Wholemeal Lemon Shortbread with Orange Wedge (G,M)	Chocolate Cherry Brownie (G,E,M)	<u>Fruity Friday</u> Selection of Fresh Fruit with Greek Yoghurt (M)
Fruit		Yoghurt (M)	Fruit selection or Yoghurt (M)	Fruit selection	
Drink	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk

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St James' CE Primary School – Alexis Street – Autumn/Winter Term 2019-20 – Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main dish	<u>Meat Free Day</u> Jacket Potatoes Served with Cheese and Beans (M) or Tuna and Tomato Pasta (F,G)	Beef Lasagne (G,M, Mu)	Chicken Fajitas (G,M)	Beef Burgers with Ketchup (G,Su)	Cod Fish Fingers (F,G)
Main dish		Cheese and Tomato Risotto (M)	Bubble and Squeak with Baked Beans	Quorn Burger (G,E)	Sami's Falafels (G,E)
Starchy dish	Included in main course	Included in main course	Included in Main Course	Seasoned Potato Wedges	Chips
Vegetable	Sweetcorn	Carrots and Peas	Sweetcorn	Coleslaw	Baked Beans
Salad	Salad bar selection (M,Mu,E,F)	Salad bar selection (M,Mu,E,F)	Salad bar selection (M,Mu,E,F)	Salad bar selection (M,Mu,E,F)	Salad bar selection (M,Mu,E,F)
Dessert	Fresh fruit	Toffee Apple Sponge and Custard (G,E,M)	Carrot Cake (G,E,M)	Banana Flapjack (G,M)	<u>Fruity Friday</u> Selection of Fresh Fruit with Greek Yoghurt (M)
Fruit	Yoghurt (M)	Fruit selection or Yoghurt (M)	Fruit selection or Yoghurt (M)	Yoghurt (M)	
Drink	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk

Allergen Coding: Fish(F)- Peanuts(P)- Soya beans(Sb)- Milk(M)- Nuts(N)- Celery(Ce)- Mustard(Mu)- Sesame(Se)- Sulphite(Su)- Lupin(L)- Molluscs(Mo) Eggs(E)- Cereals containing gluten(G)- Crustaceans(Cr)