

Green Lane Primary and Nursery School

Menu April - October 2018

Monday **Tuesday** **Wednesday** **Thursday** **Friday**

Dates week commencing **16th April - 7th May - 4th June - 25th June - 16th July - 17th September - 8th October**

Option 1	Chicken Sausage & Gravy with Mashed Potato	Beef Lasagne	Roast Chicken & Gravy with Roast Potatoes	Chicken & Sweetcorn Popeye Pizza	Fish Fingers & Seasoned Wedges
Option 2	Quorn Sausage & Gravy with Mashed Potato	Roast Vegetable Lasagne	Macaroni Cheese	Margherita Popeye Pizza	Neopolitan Pasta (cheese)
Option 3	Jacket Potato & Tuna Mayonnaise	Italian Tomato & Basil Penne Pasta	Vegetable & Chickpea Balti with Wholegrain Rice	Quorn & Sweet Potato Pasta Bake	Jacket Potato & Baked Beans
Vegetables	Peas Carrots	Green Beans Cauliflower	Broccoli Carrots	Coleslaw Sweetcorn	Peas Baked Beans
Dessert of the day	Apple Crumble & Custard	Peach Fool & Shortbread	Lemon Drizzle	Carrot Cake	Banana Cake



Dates week commencing **23rd April - 14th May - 11th June - 2nd July - 3rd September - 24th September - 15th October**

Option 1	BBQ Pork & Rice	Beef Pasta Bolognese	Roast Gammon & Gravy with Roast Potatoes	Garlic & Lemon Chicken Thighs	Battered Fish & Seasoned Wedges
Option 2	Vegetable Chow Mein (Noodles)	Cheese, Tomato & Basil Pinwheel	Tarka Dahl Curry & Rice	Margherita Popeye Pizza	Quorn Frankfurter & Seasoned Wedges
Option 3	Jacket Potato & Baked Beans	Jacket Potato & Coleslaw	Cheese & Potato Pie	Tuna & Sweetcorn Mayonnaise Wrap	Jacket Potato & Cheese
Vegetables	Green Beans Sweetcorn	Peas Carrots	White Cabbage Broccoli	Fruity Coleslaw Sweetcorn	Peas Baked Beans
Dessert of the day	Peach Crumble & Custard	Pear & Berry Ripple (Marble) Cake	Oat & Sultana Biscuit	Sticky Toffee Date Loaf	Chocolate & Orange Brownie



Dates week commencing **30th April - 21st May - 18th June - 9th July - 10th September - 1st October**

Option 1	Chicken Curry & Rice	Cottage Pie	Roast Beef & Gravy with Roast Potatoes	Meat Feast Popeye Pizza	Fish Fingers or Salmon Fish Fingers & Seasoned Wedges
Option 2	Macaroni Cheese	Falafel & Salad Pittas	Vegetarian Strips & Gravy with Roast Potatoes	Margherita Popeye Pizza	Vegetable Crumble (cheese) & Chips
Option 3	Roasted Peppers Stuffed with Vegetables & Wholegrain Rice	Neopolitan Pasta (cheese)	Jacket Potato & Cheese	Chicken Quesadilla	Quorn & Vegetable Fajita
Vegetables	Carrots Green Beans	Peas Cauliflower	Green Beans Carrots	Sweetcorn Roasted Vegetables	Peas Baked Beans
Dessert of the day	Pear & Vanilla Sponge & Ice Cream	Apple & Berry Sponge	Frozen Strawberry Yoghurt	Chocolate & Courgette Cake	Chocolate & Beetroot Brownie



The following are available daily:
 Freshly prepared salad bar containing 4-6 choices
 Organic fresh white & wholemeal crusty bread
 Selection of seasonal fresh fruit and low fat yoghurts - Our Yeo Valley Yoghurts are ORGANIC. We love Yeo because they support BRITISH farmers and local wildlife
 Chilled drinking water
 The carbohydrate is incorporated in the whole dish unless otherwise stated



Seafood with this mark comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery

