

Green Lane Primary and Nursery School

Menu June- October

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

Dates week commencing **5th June - 26th June - 17th July - 18th September - 9th October**

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| Option 1 | Chicken Curry with Rice | Beef Lasagne | Roast Pork with Roast Potatoes & Gravy | Oriental Sticky Salmon Wrap | Fish Fingers with Potato Wedges |
| Option 2 | Macaroni Cheese | Chickpea & Lentil Curry with Wholegrain Rice | Roast Soya Fillet Strips & Gravy with Roast Potatoes | Margherita Popeye Pizza | Homemade Cheesy Vegetable Burger with Potato Wedges |
| Option 3 | Jacket Potato & Baked Beans | Cheese & Cucumber Roll | Tuna Mayonnaise & Salad Wrap | Jacket Potato & Coleslaw | Jacket Potato & Ratatouille |
| Vegetables | Carrots & Peas | Cauliflower & Cabbage | Carrots & Green Vegetable Medley | Sweetcorn & Mixed Bean Salad | Peas & Baked Beans |
| Dessert of the day | Lemon Shortbread | Apple Crumble & Vanilla Ice Cream | Marble Sponge | Chocolate Pear Pudding & Custard | Oat Dream Cookie |

Dates week commencing **12th June - 3rd July - 4th September - 25th September - 16th October**

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| Option 1 | Hot Dog with Baked Jacket Wedges | Cottage Pie | Roast Gammon with Roast Potatoes & Gravy | Chicken & Sweetcorn Pizza | Fish Fingers with Potato Wedges |
| Option 2 | Vegetable Chow Mein | Bean & Lentil Pasta | Vegetable & Butterbean Gratin with Roast Potatoes | Margherita Popeye Pizza | Sticky Quorn Sausages with Potato Wedges |
| Option 3 | Jacket Potato & Cheese | Mozzarella, Tomato & Basil Melted Bap | Jacket Potato & Baked Beans | Tuna Mayonnaise & Sweetcorn Roll | Egg Mayonnaise & Cress Roll |
| Vegetables | Broccoli & Sweetcorn | Carrots & Peas | Green Beans & Honey Roasted Root Vegetables | Sweetcorn & Green Beans | Peas & Baked Beans |
| Dessert of the day | Frozen toffee Yogurt | Kale and Banana Muffin | Pineapple Upside Down Sponge & Vanilla Ice Cream | Strawberry Jelly & Mandarins | Lemon Cake and Custard |

Dates week commencing **19th June - 10th July - 11th September - 2nd October**

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| Option 1 | Pork Sausages & Wedges | Spaghetti Bolognese | Roast Chicken Breast & Gravy with Roast Potatoes | Meat Feast Pizza | Fish Fingers with Potato Wedges |
| Option 2 | Cheese & Tomato Pasta | Mexican Bean Rice Wrap | Vegetarian Sausage & Gravy with Roast Potatoes | Margherita Popeye Pizza | Wholemeal Cheese & Tomato Quiche with Potato Wedges |
| Option 3 | Jacket Potato with Tuna Mayonnaise & Sweetcorn | Vegetable Soup | Jacket Potato & Baked Beans | Jacket Potato with Vegetable Bean Chilli | Cheese & Cucumber Roll |
| Vegetables | Mixed Vegetables & Carrots | Broccoli & Cauliflower | Carrots, Leeks & Green Beans | Sweetcorn & Green Beans | Peas & Baked Beans |
| Dessert of the day | Courgette & Lemon Cake | Apple & Cinnamon Sponge | Pear and Berry Crumble & Custard | Strawberry Jelly | Iced Bun |

We think that **BRITISH SEASONAL** food is fresh, tasty and nutritious. Some of our favourites this season are carrots, cabbage, onions, broccoli, swede & beetroot!



All our meat is **FARM ASSURED OR RED TRACTOR**



Vegetarian Society **APPROVED**
All our **VEGETARIAN MAIN DISHES, SIDE DISHES & DESSERTS** are Vegetarian Society approved!



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

