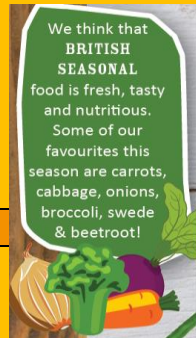


Green Lane Primary and Nursery School

Menu October 2018-April 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Dates week commencing	29th October - 19th November - 10th December - 14th January - 4th February - 4th March - 25th March				
Option 1	Pork Sausage with Herby Wedges & Gravy	Beef Pasta Bolognaise	Roast Chicken & Gravy with Roast Potatoes	Meat Feast Pizza	Fish Fingers & Baked Wedges
Option 2	Margherita Pizza	Macaroni Cheese	Cous Cous with Chickpea & Roast Vegetable	Quorn Sausage with Gravy and Mash	Cheese & Onion Quiche with Wedges
Option 3	Neapolitan Beany Pasta	Jacket Potato & Baked Beans	Cheese Wrap	Lenfil & Sweet Potato Curry with Rice	Jacket Potato with Tuna Mayanaise
Vegetables	Green Beans & Carrots	Broccoli & Sweetcorn	Carrots & Green Cabbage	Sweetcorn & Green Beans	Peas & Baked Beans
Dessert of the day	Apple Crumble & Custard	Vanilla Cheesecake	Fruit/Chocolate Drizzle Pancakes	Orange Jelly with Mandarins	Fruity Flapjack
Dates week commencing	5th November - 26th November - 17th December - 21st January - 11th February - 11th March - 1st April				
Option 1	Beef Chilli Con Carne with Rice	Curried Mumbai Pork Meatballs with Cous Cous	Roast Gammon & Gravy with Roast Potatoes	Piri Piri Chicken Pizza	Salmon or White Fish Fingers & Wedges
Option 2	Macaroni Cheese	Margherita Pizza	Roasted Vegetarian Strips with Gravy & Roast Potatoes	Vegetable Chow Mein	Vegetarian Burger in a Bun with Chips
Option 3	Jacket Potato with Baked Beans	Wholemeal Egg Mayo Wrap	Jacket Potato & Cheese	Jacket Potato with Tuna Mayonaise	Cheese & Onion Melt
Vegetables	Broccoli & Sweetcorn	Roasted Cauliflower & Peas	Carrot & Swede Mash & Green Beans	Carrots & Sweetcorn	Peas & Baked Beans
Dessert of the day	Lemon Drizzle Cake	Peach & Berry Cobbler with Custard	Chocolate & Vanilla Mousse	Banana & Custard	Chocolate Muffin
Dates week commencing	12th November - 3rd December - 7th January - 28th January - 25th February - 18th March				
Option 1	Pork Sausage with Wedges & Gravy	Beef Lasagne	Roast Pork & Gravy with Roast Potatoes	BBQ Chicken Pizza	Fish Fingers & Wedges
Option 2	Cheese & Tomato Pasta	Vegetable & Chickpea Jambalaya	Butternut Squash Risotto	Margherita Pizza	Cheese & Leek Pasty with Wedges
Option 3	Jacket Potato with Baked Beans	Cheese & Ham Melt	Jacket Potato & Cheese	Vegetable Bean Chilli & Rice	Tuna Mayonaise Bap
Vegetables	Green Beans & Carrots	Peas & Sweetcorn	Roasted Root Vegetables & Broccoli	Sweetcorn & Green Beans	Peas & Baked Beans
Dessert of the day	Pear & Vanilla Sponge with Custard	Chocolate Tiffin	Frozen Toffee Yoghurt	Pineapple Upside Down Cake with Custard	Chocolate Cracknell



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

