

# 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 - 7th January - 28th January - 18th February - 11th March - 1st April**

|                           |  |                             |   |                                       |                                   |
|---------------------------|--|-----------------------------|---|---------------------------------------|-----------------------------------|
| <b>Option 1</b>           | Pork Sausage with Herby Wedges & Gravy | Beef Pasta Bolognese        | Roast Chicken & Gravy with Roast Potatoes | Meat Feast OR Margherita Pizza        | Fish Fingers & Baked Wedges       |
| <b>Option 2</b>           | Margherita Pizza                       | Macaroni Cheese             | Cous Cous with Chickpea & Roast Vegetable | Quorn Sausage with Gravy and Mash     | Cheese & Onion Quiche with Wedges |
| <b>Option 3</b>           | Neapolitan Beany Pasta                 | Jacket Potato & Baked Beans | Cheese Wrap                               | Lenfil & Sweet Potato Curry with Rice | Jacket Potato with Tuna Mayanaise |
| <b>Vegetables</b>         | Green Beans & Carrots                  | Broccoli & Sweetcorn        | Carrots & Green Cabbage                   | Sweetcorn & Green Beans               | Peas & Baked Beans                |
| <b>Dessert of the day</b> | Apple Crumble & Custard                | Vanilla Cheesecake          | Fruit/Chocolate Drizzle Pancakes          | Orange Jelly with Mandarins           | Fruity Flapjack                   |



Dates week commencing                      **5th November - 26th November - 17th December - 14th January - 4th February - 25th February - 18th March**

|                           |                                 |  |   |                                       |                                       |
|---------------------------|---------------------------------|--|---|---------------------------------------|---------------------------------------|
| <b>Option 1</b>           | Beef Chilli Con Carne with Rice | Curried Mumbai Pork Meatballs with Cous Cous | Roast Gammon & Gravy with Roast Potatoes              | Piri Piri Chicken OR Margherita Pizza | Salmon or White Fish Fingers & Wedges |
| <b>Option 2</b>           | Macaroni Cheese                 | Margherita Pizza                             | Roasted Vegetarian Strips with Gravy & Roast Potatoes | Vegetable Chow Mein                   | Vegetarian Burger in a Bun with Chips |
| <b>Option 3</b>           | Jacket Potato with Baked Beans  | Wholemeal Egg Mayo Wrap                      | Jacket Potato & Cheese                                | Jacket Potato with Tuna Mayonaise     | Cheese & Onion Melt                   |
| <b>Vegetables</b>         | Broccoli & Sweetcorn            | Roasted Cauliflower & Peas                   | Carrot & Swede Mash & Green Beans                     | Carrots & Sweetcorn                   | Peas & Baked Beans                    |
| <b>Dessert of the day</b> | Lemon Drizzle Cake              | Peach & Berry Cobbler with Custard           | Chocolate & Vanilla Mousse                            | Banana & Custard                      | Chocolate Muffin                      |



Dates week commencing                      **12th November - 3rd December - 21st January - 11th February - 4th March - 25th March**

|                           |                                    |                                |  |   |                                 |
|---------------------------|------------------------------------|--------------------------------|--|---|---------------------------------|
| <b>Option 1</b>           | Pork Sausage with Wedges & Gravy   | Beef Lasagne                   | Roast Pork & Gravy with Roast Potatoes | BBQ Chicken Pizza                       | Fish Fingers & Wedges           |
| <b>Option 2</b>           | Cheese & Tomato Pasta              | Vegetable & Chickpea Jambalaya | Butternut Squash Risotto               | Margherita Pizza                        | Cheese & Leek Pasty with Wedges |
| <b>Option 3</b>           | Jacket Potato with Baked Beans     | Cheese & Ham Melt              | Jacket Potato & Cheese                 | Vegetable Bean Chilli & Rice            | Tuna Mayonaise Bap              |
| <b>Vegetables</b>         | Green Beans & Carrots              | Peas & Sweetcorn               | Roasted Root Vegetables & Broccoli     | Sweetcorn & Green Beans                 | Peas & Baked Beans              |
| <b>Dessert of the day</b> | 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

