



LOWER MEADOW PRIMARY



Colours in the left column represent the band colour your child should choose for the meal that day

WEEK ONE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEKS COMMENCING: 4/11/19 : 25/11/19 : 16/12/19 : 6/1/20 : 27/1/20 : 17/2/20 : 9/3/20	Main Course	Traditional Sausage & Mash with Gravy	Winter Chicken Casserole	Roast Chicken with Roast Potatoes, Yorkshire Pudding & Gravy	Homemade Beef & Onion Pie with Mashed potato & Gravy	Fish Fingers and Chips with Tomato Ketchup
	Vegetarian Main Course	Vegetable Sausage & Mash	Cheese & Tomato Pizza with Half Jacket Potato	Quorn Roast with Roast Potatoes, Yorkshire Pudding & Gravy	Macaroni Cheese	Vegetable Curry & Wholegrain Rice
	Jacket Potato & Filling	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Salmon Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Salmon Mayo
	Sandwiches	Tuna	Cheese	Hot Roast Sandwich	Tuna	Fish Finger Wrap
	Vegetables	Cauliflower & Mixed Vegetables	Broccoli & Winter Coleslaw	Savoy Cabbage & Sweetcorn	Green Beans & Carrots	Garden Peas & Baked Beans
	Dessert	Ginger Sponge Custard	Fruity Flapjack & Apple Slices	Chocolate Sponge & Chocolate Sauce	Vanilla Sponge & Custard	Shortbread Biscuit & Fruit Wedges
WEEK TWO		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEKS COMMENCING: 11/11/19 : 2/12/19 : 23/12/19 : 13/1/20 : 3/2/20 : 24/2/20 : 16/3/20	Main Course	Beef Meatballs in Tomato Sauce with Pasta	Chicken Curry with Wholegrain Rice	Roast Chicken with Stuffing, Mashed Potato & Gravy	Beef Pasta Bolognese & Garlic Bread	Fish Fingers and Chips & Tomato Ketchup
	Vegetarian Main Course	Quorn Meatballs in Tomato Sauce	Tomato and Basil Pasta	Quorn Roast with Stuffing, Mashed Potato & Gravy	Cheddar Flan with Homemade Potato Wedges	Quorn Fajita & Chips or Vegetable Sausage Fajita
	Jacket Potato & Filling	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo
	Sandwiches	Tuna	Cheese	Hot Roast Sandwich	Tuna	Fish Finger Wrap
	Vegetables	Garden Peas & Fresh Salad	Carrots & Sweetcorn	Savoy Cabbage & Mixed Vegetables	Cauliflower & Sliced Green Beans	Garden Peas & Baked Beans
	Dessert	Hot Chocolate Fudge Cake with Custard	Shortbread & Fruit	Lemon Drizzle Cake & Custard	Feathered Jam Sponge & Custard	Ginger & Mandarin Muffin
WEEK THREE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEKS COMMENCING: 18/11/19 : 9/12/20 : 30/12/19 : 20/1/20 : 10/2/20 : 2/3/20 : 23/3/20	Main Course	Beef Burger in a Bun Homemade Wedges	Cottage Pie	Roast Chicken with Roast Potatoes, Yorkshire Pudding & Gravy	Homemade Chicken Pie & Mash	Fish Fingers and Chips with Tomato Ketchup
	Vegetarian Main Course	Veggie Burger in a bun Homemade Wedges	Cheese & Tomato Pizza with 1/2 Jacket Potato	Quorn Roast with Roast Potatoes, Yorkshire Pudding & Gravy	Tomato, Vegetable Sausage & Macaroni Bake	Vegetable Enchilada served with Chips
	Jacket Potato & Filling	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Salmon Mayo
	Sandwiches	Tuna	Cheese	Hot Roast Sandwich	Tuna	Fish Finger Wrap
	Vegetables	Sweetcorn & Garden Peas	Broccoli & Fresh Salad	Cauliflower & Carrots	Mixed Vegetables & Savoy Cabbage	Garden Peas & Baked Beans
	Dessert	Shortbread served with Custard and Apple Wedges	Lemon Slice with Milk	Chocolate Crunch Served with Vanilla Sauce/Custard	Marble Sponge served with Custard	Crunchy Biscuit served with Apple Slices

Yoghurt and fruit will also be available each day as an alternative to dessert. A selection of breads, salads and fresh drinking water will be available daily.