

# My Primary Menu

**innovate**  
my goodness!

WEEK 1	MON	TUE	WED	THU	FRI
MAIN MEAL	Spaghetti Bolognese served with Garlic Bread Slice	Oven Baked Pork Sausage & Mashed Potato served with Gravy	Roast Gammon served with Boiled Potatoes & Gravy	Mild Chicken Tikka Masala served with Boiled Rice	Oven Baked Battered Fish Fillet served with Chips
VEGETARIAN	Vegetable Pasta Bake topped with Grated Cheese	Quorn Sausage & Mashed Potato served with Gravy	Macaroni Cheese	Quorn & Vegetable Bolognese served with Boiled Rice	Cheese & Tomato Quiche
VEGETABLE	Sweetcorn	Garden Peas	Mixed Seasonal Vegetables	Carrots	Garden Peas
JACKET POTATO	Baked Beans & Grated Cheese	Tuna Mayonnaise	Baked Beans	Grated Cheese	Tuna Mayonnaise
DESSERT	Chocolate Sponge & Chocolate Sauce	Scotch Pancakes & Ice Cream	Vanilla Cookie	Jam Sponge & Custard	Strawberry Mousse & Shortbread
ALT DESSERT	Fruit or Yogurt	Fruit or Yogurt	Fruit or Yogurt	Fruit or Yogurt	Fruit or Yogurt
WEEK 2	MON	TUE	WED	THU	FRI
MAIN MEAL	Beef Bolognese Pasta Bake	Oven Baked Beef Burger in a Bun with Potato Wedges	Roast Turkey served with Roast Potatoes & Gravy	Chicken Goujons served with BBQ Sauce & Boiled Rice	Oven Baked Fish Fingers served with Chips
VEGETARIAN	Roasted Vegetable Pasta Bake topped with Grated Cheese	Vegetarian Burger in a bun with Potato Wedges	Cauliflower Cheese	Vegetable Nuggets served with BBQ Sauce & Boiled Rice	Cheese & Onion Slice served with Chips
VEGETABLE	Sweetcorn & Peas	Baked Beans	Mixed Seasonal Vegetables	Sweetcorn	Garden Peas
JACKET POTATO	Tuna Mayo	Baked Beans & Grated Cheese	Baked Beans	Tuna & Sweetcorn Mayo	Grated Cheese
DESSERT	Fruit Jelly & Ice Cream	Apple Crumble & Custard	Chocolate Cookie	Iced Lemon Cake	Chocolate Mousse & Shortbread
ALT DESSERT	Fruit or Yogurt	Fruit or Yogurt	Fruit or Yogurt	Fruit or Yogurt	Fruit or Yogurt
WEEK 3	MON	TUE	WED	THU	FRI
MAIN MEAL	Chicken Breast served with Boiled Potatoes & Gravy	Traditional Beef Lasagne served with Garlic Bread Slice	Roast Beef served with Roast Potatoes & Gravy	Macaroni Cheese with Chopped Bacon	Oven Baked Battered Fish Fillet served with Chips
VEGETARIAN	Quorn Sausage served with Boiled Potatoes & Gravy	Roasted Vegetable Lasagne served with Garlic Bread Slice	Cheesy Leek Pasta Bake	Pasta Twists served with Tomato & Basil Sauce	Vegetarian Burger in a bun served with Chips
VEGETABLE	Sliced Carrots	Sweetcorn	Mixed Seasonal Vegetables	Garden Peas	Baked Beans
JACKET POTATO	Tuna & Sweetcorn Mayo	Baked Beans & Grated Cheese	Baked Beans	Tuna Mayo	Grated Cheese
DESSERT	Chocolate Brownie with Ice Cream	Cheese & Biscuits	Chocolate Muffin	Oaty Cookie	Syrup Sponge & Custard
ALT DESSERT	Fruit or Yogurt	Fruit or Yogurt	Fruit or Yogurt	Fruit or Yogurt	Fruit or Yogurt