

WINGROVE PRIMARY SCHOOL Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	<p>Cheese and Tomato Pizza with Dough Balls (V)</p> <p>Cheesy tomato topped pizza slice</p>	<p>Chicken Paella</p> <p>Succulent chicken in a traditional Paella recipe</p>	<p>Roast Chicken with Mashed Potatoes and Gravy</p> <p>Succulent roast chicken with creamy mashed potatoes and gravy</p>	<p>Beef Keema Curry</p> <p>A classic curry served with wholemeal and white rice mix</p>	<p>Golden Fish Fingers and Chips</p> <p>Crispy fish fingers and chips</p>
Alternative Dish	<p>Vegetable Curry (V)</p> <p>Vegetable curry served with wholegrain and white rice mix</p>	<p>Cheese Pasta (V)</p> <p>White pasta spirals topped with grated cheddar cheese</p>	<p>Quorn Mince and Dumplings with mashed Potatoes (V)</p> <p>Quorn mince with dumplings</p>	<p>Cheese & Onion Quiche (V)</p> <p>Quiche served with oven roasted potato wedges</p>	<p>Quorn Dippers and Chips (V)</p> <p>Crispy Quorn nuggets with ketchup</p>
Vegetables	<p>Baked Beans & Peas</p>	<p>Sweetcorn & Broccoli Florets</p>	<p>Carrots & Green Beans</p>	<p>Green Beans & Sweetcorn</p>	<p>Baked Beans & Peas</p>
Desserts	<p>Oat biscuit with fruit slices</p>	<p>Orange cake served with custard</p>	<p>Flavoured ice cream of the day</p>	<p>Chocolate cake served with chocolate custard</p>	<p>Lemon cake served with custard</p>
Third Choice	<p>Tuna sandwich with crudities & mixed salad</p>	<p>Oven baked jacket potato topped with chicken mayonnaise</p>	<p>Pasta spirals topped with grated cheddar cheese</p>	<p>Oven baked jacket potato topped with chicken mayonnaise</p>	<p>Egg sandwich with crudities & mixed salad</p>
Available Every Day	Cool Water, Fresh Fruit Platter , Freshly Baked Bread, Mixed Salad and Yoghurt available daily				

WINGROVE PRIMARY SCHOOL Menu Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	<p>Cheese and Tomato Pizza <i>with Dough Balls (V)</i></p> <p>Cheesy tomato topped pizza slice</p>	<p>Beef Bolognese</p> <p>A classic Italian beef bolognese in a tomato sauce with a wholegrain and white pasta mix</p>	<p>Roast Chicken with roast potatoes and Gravy</p> <p>Succulent roast chicken with roast potatoes and gravy</p>	<p>Chicken Katsu</p> <p>A classic chicken katsu with a curry sauce topping served on a bed of wholegrain & white rice mix</p>	<p>Golden Fish Fingers and Chips</p> <p>Crispy fish fingers and chips</p>
Alternative Dish	<p>Chinese Style Noodles (V)</p> <p>Chinese style vegetable noodles</p>	<p>Quorn Sausage (V)</p> <p>Quorn sausage served on a bed of creamy mash potato with gravy</p>	<p>Cauliflower and Broccoli Cheese Bake (V)</p> <p>Served with garlic bread</p>	<p>Vegetable Lasagne with a Bread Wedge (V)</p> <p>Sheets of white pasta layered with vegetables and tomato sauce</p>	<p>Quorn Dippers and Chips (V)</p> <p>Crispy Quorn nuggets and chips</p>
Vegetables	<p>Carrot Sticks & Cucumber Sticks</p>	<p>Broccoli & Sweetcorn</p>	<p>Carrots & Cabbage</p>	<p>Cauliflower & Green Beans</p>	<p>Peas & Baked Beans</p>
Desserts	<p>Flapjack served with custard</p>	<p>Orange / Lemon Cake served with custard</p>	<p>Flavoured Ice Cream of the Day</p>	<p>Carrot Cake</p>	<p>Chocolate and Banana Cake</p>
Third Choice	<p>Pasta spirals topped with grated cheddar cheese</p>	<p>Oven baked jacket potato topped with grated cheddar cheese</p>	<p>Tuna sandwich with crudities & mixed salad</p>	<p>Oven baked jacket potato topped with beef chilli con carne</p>	<p>Cheese sandwich with crudities & mixed salad</p>
Available Every Day	Cool Water, Fresh Fruit Platter, Freshly Baked Bread, Mixed Salad and Yoghurt available daily				

WINGROVE PRIMARY SCHOOL Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	<p>Cheese and Tomato Pizza with Dough Balls (V)</p> <p>Cheesy tomato topped pizza slice</p>	<p>Chicken Noodles</p> <p>A classic chicken & noodle dish</p>	<p>Roast Chicken with Mashed Potatoes and Gravy</p> <p>Succulent roast chicken with mashed potatoes and gravy</p>	<p>Beef Burrito</p> <p>A soft wrap filled with minced beef and rice</p>	<p>Golden Fish Fingers and Chips</p> <p>Crispy fish fingers and chips</p>
Alternative Dish	<p>Quorn Hot Dog with Potato wedges (V)</p> <p>Quorn sausage served in a soft bun with potato wedges</p>	<p>Quorn Bolognese (V)</p> <p>Wholegrain penne pasta in a tomato and Quorn sauce</p>	<p>Quorn Roast with Mashed Potatoes and Gravy (V)</p> <p>Quorn roast with mashed potatoes and gravy</p>	<p>Quorn and Vegetable Noodles (V)</p> <p>Quorn and vegetables with noodles</p>	<p>Quorn dippers with Chips (V)</p> <p>Quorn nuggets with chips</p>
Vegetables	<p>Peas & Sweetcorn</p>	<p>Baked Beans & Carrots</p>	<p>Broccoli Florets & Cabbage</p>	<p>Sweetcorn & Green Beans</p>	<p>Baked Beans & Peas</p>
Desserts	<p>Strawberry ice cream</p>	<p>Iced sponge cake served with custard</p>	<p>Oat and lemon cookie</p>	<p>Shortbread fingers served with fruit slices</p>	<p>Chocolate brownie</p>
Third Choice	<p>Pasta spirals topped with grated cheddar cheese</p>	<p>Oven baked jacket potato topped with grated cheddar cheese</p>	<p>Tuna sandwich with crudities & mixed salad</p>	<p>Oven baked jacket potato topped with grated cheddar cheese</p>	<p>Egg sandwich with crudities & mixed salad</p>
Available Every Day	<p>Cool Water, Fresh Fruit Platter, Freshly Baked Bread, Mixed Salad and Yoghurt available daily</p>				