

WINGROVE PRIMARY SCHOOL LUNCH MENU

Newcastle
City Council

WEEK 1

MONDAY

Meat Free MONDAY

Cheese and Tomato Pizza(v)
Chips(vg) • Coleslaw
Quorn Keema Curry(v)
Savoury Rice(vg) • Cauliflower(vg)
Sandwich Selection
Filled Jacket Potato • Choice of Cheese(v)
or Baked Beans (vg) with Salad
Frozen Flavoured Yoghurt(v)

TUESDAY

Beef Lasagne • Garlic Bread(v)
Garden Peas(vg)
Lentil & Tomato Soup or Tomato Soup(vg)
Crusty Bread(v)
Sandwich Selection
Filled Jacket Potato • Choice of Cheese(v),
Baked Beans (vg) or
Tuna with Salad
Flapjack & Custard(v)

WEDNESDAY

Mince & Dumplings
Creamed Potatoes(v) • Swede(vg)
Southern Fried Meat Free Dippers (v)
Diced Potatoes(vg)
Sweetcorn(vg)
Sandwich Selection
Filled Jacket Potato • Choice of Cheese(v),
Baked Beans (vg) or Tuna with Salad
Fresh Fruit Salad(vg)
Yoghurt(v)

THURSDAY

Roast Chicken • Sage & Onion Stuffing(v)
Creamed Potatoes(v) • Carrots(vg)
Quorn Vegan Fillet(vg)
Sage & Onion Stuffing(v)
Creamed Potatoes(v) • Carrots(vg)
Sandwich Selection
Filled Jacket Potato • Choice of Cheese(v),
Baked Beans (vg) or Tuna with Salad
Iced Shortbread Finger(v)

FRIDAY

Fish Fingers
Oven Roast Potatoes(v)
Beetroot(vg)
Tomato & Mascarpone Pasta (v)
Garden Peas(vg) • Crusty Bread
Sandwich Selection
Filled Jacket Potato • Choice of Cheese(v),
Baked Beans (vg) or Tuna with Salad
Chocolate Cookie(v)

WEEK 1

4 September 23 26 February 24
25 September 23 18 March 24
16 October 23 22 April 24
13 November 23 13 May 24
4 December 23 10 June 24
8 January 24 1 July 24
29 January 24

WEEK 2

MONDAY

Meat Free MONDAY

Pasta Pomodoro(v) • Crusty Bread(v)
Sweetcorn(vg)
Vegetable Fingers (v)
Seasoned Wedges(v) • Garden Peas(vg)
Sandwich Selection
Filled Jacket Potato • Choice of Cheese(v)
Baked Beans (vg) with Salad
Ice Cream Tub(v)

TUESDAY

Chicken Sausages
Yorkshire Pudding(v)
Creamed Potatoes(v) • Carrots(vg)
Chinese Style Vegetable Curry (vg)
Steamed Rice(vg)
Sandwich Selection
Filled Jacket Potato • Choice of Cheese(v),
Baked Beans (vg) or Tuna with Salad
Chocolate Sponge &
Chocolate Sponge(v)

WEDNESDAY

Beef Bolognese
Garlic Bread(v)
Broccoli(vg)
Cheese Omelette (v)
Hash Browns(v)
Baked Beans(vg)
Sandwich Selection
Filled Jacket Potato • Choice of Cheese(v),
Baked Beans (vg) or Tuna with Salad
Strawberry Mousse(v)

THURSDAY

Chicken Fillet with Gravy
Oven Roast Potatoes(v)
Cabbage(vg)
Quorn & Vegetable Pie(v)
Oven Roast Potatoes(v)
Green Beans(vg)
Sandwich Selection
Filled Jacket Potato • Choice of Cheese(v),
Baked Beans (vg) or Tuna with Salad
Lemon Drizzle Cake(v)

FRIDAY

Battered Fish • Chips(vg)
Spaghetti Hoops(v)
Cheese Tortilla Wedge(v)
Chips(vg)
Coleslaw(v)
Sandwich Selection
Filled Jacket Potato • Choice of Cheese(v),
Baked Beans (vg) or Tuna with Salad
Frozen Flavoured Yoghurt(v)

Available
Daily:

Choice of:

- Salad bar
- Fresh fruit selection
- Yoghurt
- Cheese and biscuits
- Selection of fresh bread and rolls

Choice of drinks:

- Fruit juice
- Reduced fat milk
- Chilled water

WEEK 3

MONDAY

Meat Free MONDAY

Macaroni Cheese(v) • Focaccia Bread(v)
Mixed Vegetables(vg)
Fishless Fingers (v)
Diced Potatoes(vg)
Beetroot(vg)
Sandwich Selection
Filled Jacket Potato • Choice of Cheese(v)
or Baked Beans (vg) with Salad
Chocolate Brownie(v)

TUESDAY

Quorn Meatballs in Gravy
Creamed Potatoes(v) • Carrots(vg)
Vege Burger in a Bun (v)
Oven Roast Potatoes(v)
Garden Peas(vg)
Sandwich Selection
Filled Jacket Potato • Choice of Cheese(v),
Baked Beans (vg) or Tuna with Salad
Carrot Cake Muffin(v)

WEDNESDAY

Chicken Jalfrezi • Steamed Rice(vg)
Apple & Cucumber • Salad (vg)
Pizza Margherita(v)
Potato Wedges(vg)
Mixed Salad(vg)
Sandwich Selection
Filled Jacket Potato • Choice of Cheese(v),
Baked Beans (vg) or Tuna with Salad
Rice Pudding & Peaches(v)

THURSDAY

Minced lamb Pie
Creamed Potatoes(v)
Cauliflower(vg)
Pasta Arrabiatta (v)
Garlic Bread(v) • Green Beans
Sandwich Selection
Filled Jacket Potato • Choice of Cheese(v),
Baked Beans (vg) or Tuna with Salad
Fresh Fruit Salad(vg) • Yoghurt(v)

FRIDAY

Fish Goujons • Chips(vg)
Mushy Peas(vg)
Quorn Sausage(vg)
Chips(vg)
Baked Beans(vg)
Sandwich selection
Filled Jacket Potato • Choice of Cheese(v),
Baked Beans (vg) or Tuna with Salad
Sticky Orange Sponge
& Custard(v)

WEEK 2

11 September 23 4 March 24
2 October 23 25 March 24
23 October 23 29 April 24
20 November 23 20 May 24
11 December 23 17 June 24
15 January 24 8 July 24
5 February 24

WEEK 3

18 September 23 11 March 24
9 October 23 15 April 24
6 November 23 6 May 24
27 November 23 3 June 24
18 December 23 24 June 24
22 January 24 15 July 24
12 February 24

Menus are subject to availability
(V) suitable for Vegetarians or (VG) Vegan diets

SEPTEMBER 2023 – JULY 2024