

MNSP Primary Schools Lunch Menu – January – April 2019

GF = GLUTEN FREE VF = VEGAN FRIENDLY

CL

WEEK:- 1 w/c 07/01/19 04/02/19 11/03/19	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>THE MAIN EVENT</i>	JACKET POTATO TUNA MAYO	CHICKEN & VEGETABLE PIE	GAMMON GF	BEEF BOLOGNAISE GF	FISH FINGERS
<i>MEATFREE ZONE Veggie & Vegan Friendly</i>	JACKET POTATO CHEESE & BEANS	VEGAN QUORN & VEG PIE VF	ROASTED MEDITERRANEAN PUFF VF	VEGGIE BOLOGNAISE	RED DRAGON PIE
<i>AND SERVED WITH:- All potatoes & veg are GF/VF</i>	SWEETCORN BAKED BEANS	MASHED POTATO GRAVY SLICED GREEN BEANS MASHED SWEDE	ROAST POTATOES GRAVY SAVOY CABBAGE BATON CARROTS	PASTA CAULI/BROCCOLI MIX	HERBY DICED POTATOES GARDEN PEAS BAKED BEANS
<i>PERFECT PUDDINGS</i>	HOMEMADE BISCUIT VF	FRUITY FLAPJACK VF	CHOCOLATE & BEETROOT SPONGE CHOCOLATE SAUCE	FRUITY OATY CRUMBLE CUSTARD SAUCE	ICE CREAM GF
AVAILABLE DAILY	SALAD, W/MEAL BREAD, FRESH FRUIT OR YOGURTS	SALAD, W/MEAL BREAD, FRESH FRUIT OR YOGURTS	SALAD, W/MEAL BREAD, FRESH FRUIT OR YOGURTS	SALAD, W/MEAL BREAD, FRESH FRUIT OR YOGURTS	SALAD, W/MEAL BREAD, FRESH FRUIT OR YOGURTS

ALL DISHES SUBJECT TO AVAILABILITY OF INGREDIENTS. ALL DISHES ARE ALLERGEN NOTED.

STOCKS & FATS USED ARE VEGETABLE BASED. GRAVY IS VEGETARIAN/VEGAN FRIENDLY. CHEESE USED IN VEGAN DISHES IS 100% VEGAN. MILK IS SEMI SKIMMED.

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WEEK:- 2 w/c 14/01/19 11/02/19 18/03/19	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>THE MAIN EVENT</i>	JACKET POTATO EGG MAYO GF	CHICKEN KORMA GF	ROAST TURKEY GF	MACARONI CHEESE	BREADED CHICKEN FILLETS
<i>MEATFREE ZONE Veggie & Vegan Friendly</i>	JACKET POTATO CHEESE & BEANS	PUMPKIN & APPLE CURRY	ROASTED VEGETABLE GRATIN	TOMATO & BASIL BAKE VF	CHICKPEA & VEG FALAFEL PATTIES
<i>AND SERVED WITH:- All potatoes & veg are GF/VF</i>	DICED MIXED VEGETABLES	RICE NAAN BREAD COUNTRY MIX VEG	ROAST POTATOES GRAVY SAVOY CABBAGE BATON CARROTS	SWEETCORN GARDEN PEAS	JACKET WEDGES PEAS BAKED BEANS
<i>PERFECT PUDDINGS</i>	HOMEMADE BISCUIT VF	CARROT & SULTANA CAKE	JAM SPONGE CUSTARD SAUCE	FRUITY JELLY	ARTIC ROLL
AVAILABLE DAILY	SALAD, W/MEAL BREAD, FRESH FRUIT OR YOGURTS	SALAD, W/MEAL BREAD, FRESH FRUIT OR YOGURTS	SALAD, W/MEAL BREAD, FRESH FRUIT OR YOGURTS	SALAD, W/MEAL BREAD, FRESH FRUIT OR YOGURTS	SALAD, W/MEAL BREAD, FRESH FRUIT OR YOGURTS

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WEEK:- 3 w/c 21/01/19 25/02/19 25/03/19	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>THE MAIN EVENT</i>	JACKET POTATO TUNA MAYO GF	BEEF BOLOGNAISE BAKE	ROAST CHICKEN BREAST GF	SAUSAGES GF	COD IN BATTER
<i>MEATFREE ZONE</i> <i>Veggie & Vegan Friendly</i>	JACKET POTATO CHEESE & BEANS	RATATOUILLE PASTA BAKE VF	ROASTED VEGETABLE PUFF VF	VEGGIE SAUSAGE VF	VEGETABLE RISOTTO
<i>AND SERVED WITH:-</i> <i>All potatoes & veg are GF/VF</i>	SWEETCORN BAKED BEANS	SLICED GREEN BEANS COLESLAW GF	ROAST POTATOES GRAVY SAVOY CABBAGE BATON CARROTS	MASHED POTATO GRAVY BROCCOLI BAKED BEANS	HERBY DICED POTATOES GARDEN PEAS BAKED BEANS
<i>PERFECT PUDDINGS</i>	HOMEMADE BISCUIT VF	GINGER NINJA VF CUSTARD SAUCE	CHOCOLATE & BANANA SPONGE CHOCOLATE SAUCE	FRUITY FLAPJACK VF	ICE CREAM
AVAILABLE DAILY	SALAD, W/MEAL BREAD, FRESH FRUIT OR YOGURTS	SALAD, W/MEAL BREAD, FRESH FRUIT OR YOGURTS	SALAD, W/MEAL BREAD, FRESH FRUIT OR YOGURTS	SALAD, W/MEAL BREAD, FRESH FRUIT OR YOGURTS	SALAD, W/MEAL BREAD, FRESH FRUIT OR YOGURTS

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WEEK:- 4 w/c 28/01/19 04/03/19 01/04/19	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>THE MAIN EVENT</i>	JACKET POTATO TUNA MAYO	MACRONI CHEESE	ROAST TURKEY GF	COTTAGE PIE GF	PIZZA
<i>MEATFREE ZONE Veggie & Vegan Friendly</i>	JACKET POTATO CHEESE & BEANS	TOMATO & BASIL PASTA BAKE VF	VEGETABLE & POTATO BAKE	VEGGIE/VEGAN COTTAGE PIE	PIZZA VF
<i>AND SERVED WITH:- All potatoes & veg are GF/VF</i>	DICED MIXED VEGETABLES	SWEETCORN GARDEN PEAS	ROAST POTATOES GRAVY SAVOY CABBAGE BATON Carrots	GRAVY CAULIFLOWER SLICED GREEN BEANS	POTATO WEDGES PEAS BAKED BEANS
<i>PERFECT PUDDINGS</i>	HOMEMADE BISCUIT VF	CHOCOLATE KRISPIE CAKE	ICED SPONGE CAKE	FRUITY JELLY	ARTIC ROLL
<i>AVAILABLE DAILY</i>	SALAD, W/MEAL BREAD, FRESH FRUIT OR YOGURTS	SALAD, W/MEAL BREAD, FRESH FRUIT OR YOGURTS	SALAD, W/MEAL BREAD, FRESH FRUIT OR YOGURTS	SALAD, W/MEAL BREAD, FRESH FRUIT OR YOGURTS	SALAD, W/MEAL BREAD, FRESH FRUIT OR YOGURTS

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