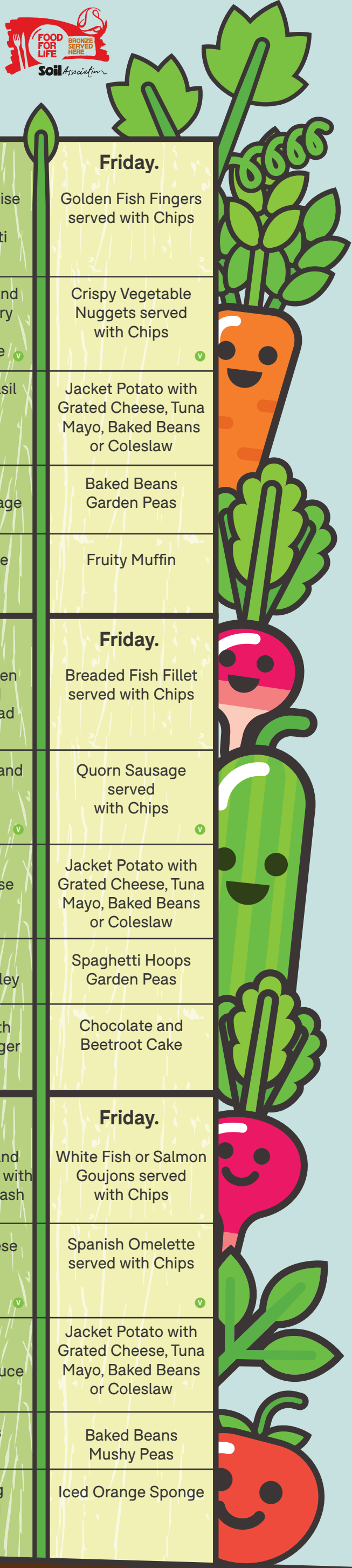


# GRANGE PRIMARY SCHOOL

Autumn / Winter 2017



## WEEK 1

Main Option

Option 2 V  
Vegetarian

Alternative

Vegetables

Dessert

## WEEK 2

Main Option

Option 2 V  
Vegetarian

Alternative

Vegetables

Dessert

## WEEK 3

Main Option

Option 2 V  
Vegetarian

Alternative

Vegetables

Dessert

Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
Vegetable Sausage served with Mashed Potato and Gravy	Chicken, Tomato and Mixed Pepper Bake served with Steamed Rice	Roast Chicken Thigh served with Stuffing, Roast Potatoes and Gravy	Turkey Bolognaise served with Spaghetti	Golden Fish Fingers served with Chips
Vegetarian Lasagne served with a Garlic Slice <span>V</span>	Vegetable Burger served in a Bun with Homemade Tomato Sauce <span>V</span>	Cheddar and Caramelised Red Onion Quiche served with Roast Potatoes <span>V</span>	Sweet Potato and Chick Pea Curry served with Steamed Rice <span>V</span>	Crispy Vegetable Nuggets served with Chips <span>V</span>
Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Cheesy Leek Penne Pasta	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Tomato and Basil Pasta Twists	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw
Green Beans Baton Carrots	Winter Slaw Cauliflower	Stir-fried Cabbage and Leeks Sweetcorn	Sweetcorn Stir Fried Cabbage and Leeks	Baked Beans Garden Peas
Lemon Pudding with Custard	Pear and Ginger Crumble with Custard	Strawberry Jelly	Vanilla Sponge with Custard	Fruity Muffin
Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
Creamy Vegetable Pasta Bake	BBQ Chicken and Sweetcorn Pizza served with Herby Diced Potatoes	Roast Turkey served with Stuffing, Roast Potatoes and Gravy	Tandoori Chicken Thigh served with Naan Bread	Breaded Fish Fillet served with Chips
Mashed Potato Topped Vegetarian Pie <span>V</span>	Cheese and Tomato Pizza served with Herby Diced Potatoes <span>V</span>	Cheese and Onion Puff served with Roast Potatoes and Gravy <span>V</span>	Cherry Tomato and Pesto Pasta <span>V</span>	Quorn Sausage served with Chips <span>V</span>
Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Spicy Tomato Pasta Bake	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Broccoli Cheese Pasta Bake	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw
Garden Peas Roasted Root Vegetables	Broccoli Sweetcorn	Braised Red Cabbage Green Beans	Mixed Vegetable Medley	Spaghetti Hoops Garden Peas
Jam Roly Poly with Custard	Apple and Cinnamon Pie with Custard	Frozen Yoghurt	Fruit Salad with Shortbread Finger	Chocolate and Beetroot Cake
Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
Mushroom Stroganoff served with Steamed Rice	Chicken Sausage served with Mashed Potato and Red Onion Gravy	Roast Chicken Thigh served with Stuffing, Roast Potatoes and Gravy	Minced Lamb and Onion Pie served with Sweet Potato Mash	White Fish or Salmon Goujons served with Chips
Chimichangas served with Sweet Chilli Dipping Sauce and Cous Cous <span>V</span>	Roasted Vegetable Gratin served with New Potatoes <span>V</span>	Roast Quorn Fillet served with Roast Potatoes and Gravy <span>V</span>	Macaroni Cheese <span>V</span>	Spanish Omelette served with Chips <span>V</span>
Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Tuna and Sweetcorn Pasta	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Fusilli with Tomato and Mascarpone Sauce	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw
Roast Parsnips Baton Carrots	Broccoli Sweetcorn	Mashed Carrot and Swede	Green Beans Cauliflower	Baked Beans Mushy Peas
Mixed Fruit Cobbler with Custard	Marble Cake with Custard	Vanilla Cheesecake	Eves Pudding with Custard	Iced Orange Sponge

We always meet the Government food based standard for school lunches. All of our meals are freshly prepared on site by our team to ensure there are no undesirable additives. Many of our dishes contain hidden vegetables to increase vegetable intake. We are continuously working to reduce the amount of refined sugar in our menus.

