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| 4 Choice Primary Menu – Autumn / Winter 2020 – (version 1) | **School Name** |

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| Week One | Monday | Tuesday | Wednesday | Thursday | Friday |
| Option 1 | Organic Beef Burger in Wholemeal Bap with Tomato Ketchup | Salmon and Sweet Chilli Noodles | Roast Beef & Gravy | Pasta Bolognese | Mini Battered Fish Fillet |
| Option 2 | Sweet Potato and Lentil Curry with Rice | Macaroni Cheese | Tomato Tumble | Cheese Wheel and Pasta | Vegetable Fingers |
| Sides | Wedges, Baked Beans or Sweetcorn | Crusty Bread, Carrots and Peas | Roast or Mashed Potato, Green Beans and Carrots | Roasted Vegetables | Chips, Peas or Baked Beans |
| Desserts | Fruity Flap Jack | Devonshire Apple Cake and Custard | Fresh Fruit Platter | Sticky Chocolate Cake with Chocolate Sauce | Shortbread Biscuit |
| Jacket Potato | Jacket Potato with Cheese/Beans | Jacket Potato with Cheese/Beans |  | Jacket Potato with Cheese/Beans |  |
| Available Each Day | Fresh fruit, salad, bread, yoghurt and water | | | | |
| Week starting: | 02/11/20; 23/11/20; 14/12/20; 18/01/21; 08/02/21; 08/03/21; 29/03/21 | | | | |

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| Week Two | Monday | Tuesday | Wednesday | Thursday | Friday |
| Option 1 | Organic Pork Meatballs in Tomato Sauce | Cheese & Tomato Pizza | Roast Chicken & Stuffing with Gravy | Breakfast Brunch | Fish Fingers |
| Option 2 | Cauliflower and Broccoli Cheesy Bake | Veggie Chilli and Rice | Veggie Roast and Gravy | Veggie Burger and Wedges | Quorn Nuggets |
| Sides | Farmhouse Veg and Wholemeal Pasta | Wedges, Beans or Sweetcorn | Roast or Mashed Potato, Cabbage and Carrots | Baked Beans, Grilled Tomatoes and Mushrooms | Chips, Peas or Baked Beans |
| Desserts | Apple and Cherry Crumble with Custard | Fresh Fruit Platter | Organic Pip Ice Lolly | Vanilla Cup Cake | Chocolate & Date Cookie |
| Jacket Potato | Jacket Potato with Cheese/Beans | Jacket Potato with Cheese/Beans |  |  |  |
| Available Each Day | Fresh fruit, salad, bread, yoghurt and water | | | | |
| Week starting: | 09/11/20; 30/11/20; 04/01/21; 25/01/21; 22/02/21; 15/03/21 | | | | |

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| Week Three | Monday | Tuesday | Wednesday | Thursday | Friday |
| Option 1 | West Country Sausage with Gravy or Tomato Ketchup | Lasagne | Roast Pork, Apple Sauce and Gravy | Hunters Chicken & Rice | Mini Battered Fish Fillet |
| Option 2 | Vegetable Lasagne | Veggie Sausage Roll and Pasta | Lentil Loaf and Gravy | Cheesy Pizza Muffin and Wedges | Quorn Sticky Sausages |
| Sides | Mashed Potato, Baked Beans or Sweetcorn | Peas and Green Beans | Roast or Mashed Potato, Cauliflower and Carrots | Broccoli and Sweetcorn | Chips, Peas or Baked Beans |
| Desserts | Chocolate Cracknel | Carrot Cake | Fruit Jelly and Langage Farm Ice Cream | Fresh Fruit Platter | Oat Cookie |
| Jacket Potato | Jacket Potato with Cheese/Beans | Jacket Potato with Cheese/Beans |  | Jacket Potato with Cheese/Beans |  |
| Available Each Day | Fresh fruit, salad, bread, yoghurt and water | | | | |
| Week starting: | 16/11/20; 07/12/20; 11/01/21; 01/02/21; 01/03/21; 22/03/21 | | | | |