



Week One

Longthorpe Primary School

Primary Menu Week 1	'Green Earth Monday'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Mexican Fajita with Mixed Rice	Classic Pasta Bolognese	Roast of the Day with Stuffing & Gravy	Creamy Chicken Korma Curry & Mixed Rice	Crispy Fish burger & Tomato Sauce
VEGETARIAN CHOICE	Whole meal Margherita Pizza Slice	Veggie Mince Spaghetti Bolognese	Quorn Roast with Stuffing & Gravy	Chinese Vegetables with Noodles	Crispy Veggie Burger with Tomato Sauce
VEGETABLES	Jacket Wedges Green Beans Sweetcorn	Steamed Broccoli Roasted Vegetables	Roast Potatoes Braised Cabbage	Stir Fried Vegetables Carrots	Chipped Potatoes Baked Beans Garden Pea
JACKET POTATOES	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese or Baked Beans				
DESSERT	Orange & Banana Traybake	Apple Flapjack	Tropical Crumble with Cream	Watermelon & Pineapple Slices	Chocolate Cookie

Available Daily: Salad Selection, Fresh Bread, Fresh Fruit & Yoghurts



Primary Menu Week 2	'Green Earth Monday'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Whole meal Margherita Pizza	Chicken and Tomato Pasta	Roast of the Day with Yorkshire Pudding, Gravy	Chicken & Sweetcorn Meatball Sub with Arrabiata Sauce	Crispy Breaded Fish Fingers & Tomato Sauce
Vegetarian Main Meal	Sweet Chilli Stirfry with Rice	Creamy Vegetable Curry & Mixed Rice	Roast Veggie Balls with Yorkshire Pudding, Roast Potatoes & Gravy	Creamy Baked Macaroni Cheese	Bean Burger in a Bun
Vegetable Selection	Sweetcorn & Peppers Garden Peas Herby Diced Potatoes Savory Rice	Green Beans Cauliflower Mixed Rice	Carrots Savoy Cabbage Roast Potatoes	Broccoli Roasted Winter Vegetables Jacket Wedges	Baked Beans Garden Peas Chipped Potatoes
Jacket potatoes	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese or Baked Beans				
Dessert	Oaty Raisin Cookies	Cinnamon Pear Upside Down Cake with Chocolate Drizzle	Jam Tart & Custard	Lemon & Blueberry Yoghurt Cake	Beetroot Brownie

Available Daily: Salad Selection, Fresh Bread,
Fresh Fruit & Yoghurts





Week Three

Longthorpe Primary School

Primary Menu Week 3	'Green Earth Monday'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Veggie Meatballs with a Mediterranean Tomato Sauce	Sausages in gravy	Roast of the Day with Stuffing & Gravy	Spicy baked Chicken served with mixed rice	Classic Friday Fish & Chips with Tomato Sauce
Vegetarian Main	Homemade Margherita Pizza	Tomato and Basil Pasta Bake	Quorn Roast with Stuffing, & Gravy	Vegetable Mince Bolognese	Macaroni Cheese
Vegetable Selection	Mixed Vegetables Garden Salad Jacket Wedges	Green Beans Cauliflower Mashed Potatoes	Mixed Vegetables Carrots Roast Potatoes'	Broccoli Sweetcorn Mixed Rice	Baked Beans Garden Peas Chipped Potatoes
Jacket Potato	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese or Baked Beans				
Dessert	Chocolate Shortbread	Carrot Cake Cookie	Peach Shortcake Bar & Custard	Watermelon & Pineapple Slices	Lemon & Courgette Slice

Available Daily: Salad Selection, Fresh Bread,
Fresh Fruit & Yoghurts

