

Sandiway Primary School

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal choices	Pasta bar Tri colour pasta served with a choice of tomato and sausage sauce or Cheese and Herb sauce. (V) G, M	Mince beef hot pot with mixed vegetables and topped with sliced potatoes Or Vegetable hoy pot (V)	Roast Turkey Dinner Or Roast Quorn Dinner (V)	Chicken Korma Or Roast vegetable and chickpea Korma (V)	Harry Ramsden's fish Friday Battered fish fillet GF fish fillet Or Vegetable and Noodle chow main (V)
	Garlic bread and grated cheese M, G	Red Cabbage and Crusty bread roll G	Roast potatoes, mash potatoes mixed vegetables, Yorkshire pudding and gravy. G, M,	Rice and Sambals	Chips, Sweetcorn or beans
Sandwich or wrap choice	Hot wrap Tuna melt G, E	Sandwiches cheese or egg G, M, E	Sandwiches Tuna or cheese G, M	Hot wrap Southern fried chicken G	Sandwiches Egg or ham G, E
Additional Choice	Jacket potato with baked beans, cheese or tuna M, F, E	Jacket potato with baked beans, cheese or tuna M, F, E	Jacket potato with baked beans, cheese or tuna M, F, E	Jacket potato with baked beans, cheese or tuna M, F, E	Jacket potato with baked beans, cheese or tuna M, F, E
Deserts	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
	Yoghurts M	Natural Yoghurt and berries M	Yoghurts M	Natural Yoghurt and berries M	Yoghurts M
	Chocolate orange crunch G	Vanilla shortbread G	Jelly and fruit pot	Banana loaf cake G	Rice crispy cake
Available daily	Salad bar, fresh fruit, water and milk G, M	Salad bar, fresh fruit, water and milk G, M	Salad bar, fresh fruit, water and milk G, M	Salad bar, fresh fruit, water and milk G, M	Salad bar, fresh fruit, water and milk G, M

Allergens: Gluten (including Wheat, Barley, Oats) (G), Sesame (Se), soya(S), Milk (M), Fish(F), Egg (E), Mustard (Mu), Celery (C), Sulphite (Su) Vegetarian (V)

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal choices	Broccoli and Salmon pasta bake F, M Or Tomato and mozzarella pasta bake (V)	Beef Burrito with rice Or Roasted vegetable and chick pea Burrito (V) G	Roast chicken dinner Or Quorn chicken dinner (V)	Steak and vegetable pie G Cheese and onion pie (V) M, G	Fish Finger Or Mozzarella sticks (V) G, M
	Garlic bread and grated cheese	Potato wedges and dips	Roast potatoes, mash potatoes mixed vegetables, Yorkshire pudding and gravy. G, M,	Diced potatoes and sweetcorn	Chips peas or beans
Sandwich or wrap choice	Hot wrap Bean and cheese G, M	Sandwiches cheese or egg G, M	Sandwiches Tuna or cheese G, M	Hot wrap Pizza wrap G, M	Sandwiches Egg or ham G
Additional Choice	Jacket potato with baked beans, cheese or tuna M, F, E	Jacket potato with baked beans, cheese or tuna M, F, E	Jacket potato with baked beans, cheese or tuna M, F, E	Jacket potato with baked beans, cheese or tuna M, F, E	Jacket potato with baked beans, cheese or tuna M, F, E
Deserts	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
	Yoghurts M	Natural Yoghurt and berries M	Yoghurts M	Natural Yoghurt and berries M	Yoghurts M
	Coconut sponge slice G	Carrot cake G	Jelly and fruit pot	Oat biscuit G	Cheese and Crackers M, G
Available daily	Salad bar, fresh fruit, water and milk M	Salad bar, fresh fruit, water and milk M	Salad bar, fresh fruit, water and milk M	Salad bar, fresh fruit, water and milk M	Salad bar, fresh fruit, water and milk M

Allergens: Gluten (including Wheat, Barley, Oats) (G), Sesame (Se), soya(S), Milk (M), Fish(F), Egg (E), Mustard (Mu), Celery (C), Sulphite (Su) Vegetarian (V)

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Salad bar options

Rainbow peppers	Baby leave salad	Cucumber sticks	Carrot sticks	Coleslaw	Cous Cous	Boiled eggs
Iceberg lettuce	Beetroot	Sweetcorn	Rice salad	Potato salad	Noodles	Quinoa
Cherry tomatoes	Pasta salad	Grated carrot	Mixed beans salad	Chickpeas	Roasted vegetables	Bulger wheat