

Sandiway Primary School

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal choices	Pasta bar Tri colour pasta served with a choice of creamy Chicken and Mushroom or Tomato and basil. (V) G, M	Cottage pie topped with mash Potatoes Or Veggie cottage pie topped with mash potatoes E (V)	Roast Gammon Dinner Or Roast Quorn Dinner (V)	Chicken Tikka Masala Or Roast vegetable and Chickpea Tikka Masala (V)	Harry Ramsden's Battered fish fillet G Or Breaded Quorn dippers (V) E, G
	Garlic bread and grated cheese M, G	Crusty bread roll G	Roast potatoes, mash potatoes mixed vegetables, Yorkshire pudding and gravy. G, M,	Rice and naan Bread G	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 BBQ Chicken and Cheese G, M	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 sponge and custard G	Vanilla shortbread G	Jelly and fruit pot	Ginger Parkin G	Rice crispy bar
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	Chicken Mexicana pasta bake G, M Or Quorn bolognaise pasta bake (V) G, M, E	Beef Chilli and rice Or Roasted vegetable and chick pea chilli and rice (V)	Roast chicken dinner Or Quorn chicken dinner (V)	Pizza Margareta G, M (V) Or Ham and Pineapple Pizza G, M	Fish Finger G Or Mozzarella sticks (V) G, M
	Garlic bread and grated cheese G, M		Roast potatoes, mash potatoes mixed vegetables, Yorkshire pudding and gravy. G, M,	Seasoned potato Wedges G Garlic and herb dip E	Chips peas or beans
Sandwich or wrap choice	Hot wrap Bean and cheese G, M	Sandwiches cheese or egg G, M, E	Sandwiches Tuna or cheese G, M, F, E	Hot wrap Cajun Chicken Wrap G, M	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 Crunch G	Vanilla Cupcake G, E	Jelly and fruit pot	Ginger biscuits 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