

**PRIMARY SCHOOL AUTUMN / WINTER 2020/21**

<b>Week One - Monday 14th September, Monday 5th October, Monday 2nd November, Monday 23rd November, Monday 14th December, Monday 18th January, Monday 8th February, Monday 8th March</b>				
	<b>Main One</b>	<b>Main Two</b>	<b>Served with</b>	<b>Dessert</b>
Monday	Cod Bites (MSC)	Vegetarian Sausage Roll V	Oven Baked Chips and Garden Peas <b>OR</b> Salad Bar available	Angel cake
Tuesday	Sweet and Sour Chicken and Rice	Jacket Potato with Cheese, Tuna or Baked Beans V	Salad Bar available	Strawberry Mousse
Wednesday	Beef Lasagne and Garlic Bread	Supergreen Vegan Burgers VG	Herby Diced Potatoes and Broccoli Florets <b>OR</b> Salad Bar available	Vanilla Sponge and Custard
Thursday	Baked Ham & Gravy served with Roast Potatoes and Cauliflower	Jacket Potato with Cheese, Tuna or Baked Beans V	Salad Bar available	Fruit Jelly
Friday	Beef Burger served in a Soft Bap	Vegetable Nuggets V	Oven Baked Potato Wedges and Sweetcorn <b>OR</b> Salad Bar available	Flapjack Biscuit
<b>Week Two - Monday 21st September, Monday 12th October, Monday 9th November, Monday 30th November, Tuesday 5th January, Monday 25th January, Monday 22nd February, Monday 15th March</b>				
Monday	Pollock Goujons(MSC)	Southern Fried Quorn burger V	Oven Baked Chips & Mushy Peas <b>OR</b> Salad Bar available	Cheese and Biscuits
Tuesday	Mild Chicken Curry served with Rice, Naan Bread	Jacket Potato with Cheese, Tuna or Baked Beans V	Salad Bar available	Chocolate Delight
Wednesday	Pepperoni Pizza	Vegan Fusion Sausages VG	Noisette Potatoes and Mixed Vegetable Medley <b>OR</b> Salad Bar available	Marble Cake and Custard
Thursday	Roast Turkey & Stuffing served with Gravy, Roast Potatoes, Carrot & Swede	Jacket Potato with Cheese, Tuna or Baked Beans V	Salad Bar available	Warm Waffles & Fruit Compote
Friday	Oven-baked Sausages	Quorn Fiesta Wrap V	Sauté Potatoes and Sliced Green Beans <b>OR</b> Salad Bar available	Wholemeal Shortbread Biscuit
<b>Week Three - Monday 28th September, Monday 19th October, Monday 16th November, Monday 7th December, Monday 11th January, Monday 1st February, Monday 1st March, Monday 22nd March</b>				
Monday	Fish Fingers (MSC)	Cheese Pasty V	Oven Baked Chips and Spaghetti Hoops <b>OR</b> Salad Bar available	Home-baked Oat cookies
Tuesday	Beef Bolognese served with Penne Pasta	Jacket Potato with Cheese, Tuna or Baked Beans V	Salad Bar available	Banana Surprise
Wednesday	Chicken Pie	Vegan Hotdogs served with a Soft Roll VG	Oven Baked Diced Potatoes, Peas and Sweetcorn <b>OR</b> Salad Bar available	Sticky Toffee Pudding and Custard
Thursday	Roast Pork served with Gravy, Roast Potatoes and Country Mixed Vegetables	Jacket Potato with Cheese, Tuna or Baked Beans V	Salad Bar available	Manx ice-cream
Friday	Chicken Chunks	Omelettes V	Mini Potato Waffles and Diced Carrots <b>OR</b> Salad Bar available	Belmont Slice

**Please note meals may not be served in the order printed above, our Cooks may need to change the menu at short notice, if for instance there is a problem with food deliveries or a school activity has been arranged but we will try to keep these changes to a minimum.**

**A fresh bread selection, a salad bar and a variety of fresh fruit and yoghurts is available every day.  
MSC-MARINE STEWARDSHIP APPROVED AND SMART CRUMB COATED**