



STRADBROKE PRIMARY



Colours in the left column represent the band colour your child should choose for the meal that day

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Traditional Sausage & Mash with Gravy	Winter Chicken Casserole	Roast Chicken with Roast Potatoes, Yorkshire Pudding & Gravy	Homemade Beef & Onion Pie with Mashed potato & Gravy	Battered Fish Fillet and Chips with Tomato Ketchup
Vegetarian Main Course	Vegetable Sausage & Mash	Cheese & Tomato Pizza with Half Jacket Potato	Quorn Roast with Roast Potatoes, Yorkshire Pudding & Gravy	Macaroni Cheese	Bean Bake and Chips with Tomato Ketchup
Jacket Potato & Filling	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Salmon Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Salmon Mayo
Sandwiches	Tuna Mayo	Cheese & Ham	Hot Roast Sandwich	Ham	Fish Finger Wrap
Vegetables	Cauliflower & Mixed Vegetables	Broccoli & Baked Beans	Savoy Cabbage & Sweetcorn	Green Beans & Carrots	Garden Peas & Baked Beans
Dessert	Ginger Sponge Custard	Fruity Flapjack & Apple Slices	Chocolate Sponge & Chocolate Sauce	Vanilla Sponge & Custard	Shortbread Biscuit & Fruit Wedges

WEEKS COMMENCING: 31/08/20 : 21/09/20 : 12/10/20

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Beef Meatballs in Tomato Sauce with Pasta	Chicken Curry with Wholegrain Rice	Roast Beef with Stuffing, Mashed Potato & Gravy	Beef Pasta Bolognese & Garlic Bread	Fish Fingers and Chips & Tomato Ketchup
Vegetarian Main Course	Quorn Meatballs in Tomato Sauce with Pasta	Vegetarian Curry with Wholegrain Rice	Quorn Roast with Stuffing, Mashed Potato & Gravy	Cheddar Flan with Homemade Potato Wedges	Bean Bake and Chips & Tomato Ketchup
Jacket Potato & Filling	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo
Sandwiches	Tuna Mayo	Cheese & Ham	Hot Roast Sandwich	Ham	Fish Finger Wrap
Vegetables	Garden Peas & Fresh Salad	Carrots & Sweetcorn	Savoy Cabbage & Mixed Vegetables	Cauliflower & Sliced Green Beans	Garden Peas & Baked Beans
Dessert	Hot Chocolate Fudge Cake with Custard	Shortbread & Fruit	Lemon Drizzle Cake & Custard	Feathered Jam Sponge & Custard	Ginger & Mandarin Muffin

WEEKS COMMENCING: 07/09/20 : 28/09/20 : 19/10/20

WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Beef Burger in a Bun Homemade Wedges	Beef Lasagne & Garlic Bread	Roast Chicken with Roast Potatoes, Yorkshire Pudding & Gravy	Cottage Pie with Gravy	Fish Fingers and Chips with Tomato Ketchup
Vegetarian Main Course	Veggie Burger in a bun Homemade Wedges	Cheese & Tomato Pizza with 1/2 Jacket Potato	Quorn Roast with Roast Potatoes, Yorkshire Pudding & Gravy	Tomato, Vegetable Sausage & Macaroni Bake	Vegetable Nuggets and Chips with Tomato Ketchup
Jacket Potato & Filling	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Tuna Mayo	Jacket Potato with Cheese, Beans & Salmon Mayo
Sandwiches	Tuna Mayo	Cheese & Ham	Hot Roast Sandwich	Ham	Fish Finger Wrap
Vegetables	Sweetcorn & Garden Peas	Broccoli & Baked Beans	Cauliflower & Carrots	Mixed Vegetables & Savoy Cabbage	Garden Peas & Baked Beans
Dessert	Apple Crumble served with Custard	Lemon Slice with Milk	Chocolate Crunch Served with Vanilla Sauce/Custard	Marble Sponge served with Custard	Crunchy Biscuit served with Apple Slices

WEEKS COMMENCING: 14/09/20 : 05/10/20

Yoghurt and fruit will also be available each day as an alternative to dessert. A selection of breads, salads and fresh drinking water will be available daily.