

# Solebay Primary school Lunch

## Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	Cheese and Tomato Pizza  Cheesy Tomato Topped Pizza Slice	Chicken Burger <i>with Potato Wedges</i> Roast chicken served in a soft bun with lettuce and mayo	Roast Chicken <i>with Roast Potatoes and Gravy</i> Succulent roast chicken with fluffy roasties and tasty gravy	Pasta Bolognese A classic Italian beef Bolognese in a yummy tomato sauce	Golden Fish Fingers <i>and Chips</i> Crispy Fish Fingers and scrummy chips
<b>Alternative Dish</b>	<b>Burrito (V)</b> A soft wrap filled with lightly spiced veggies and rice	<b>Baked Macaroni (V)</b> Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce	<b>Sweet Potato and Chickpea Roast <i>with Roast Potatoes and Gravy (V)</i></b> A chunky sweet potato and chickpea roast	<b>Hotdog <i>with Potato Wedges (V)</i></b> Our favourite veggie hotdog served with ketchup in a soft sub roll	<b>Quorn Nuggets <i>and Chips (V)</i></b> Crispy Quorn nuggets with their fave sauce – ketchup
<b>Third Choice</b>		Jacket Potato with Salmon Mayonnaise			
<b>Jacket Potato</b>	Jacket Potato With A Choice Of Fillings Cheese      Beans      Tuna Mayo				
<b>Pasta</b>	<b>Tomato and Basil Pasta (V)</b> A delicious fresh, homemade tomato and basil sauce with penne pasta				
<b>Vegetables</b>	Sweetcorn	Peas	Peas	Sweetcorn	Baked Beans
<b>Desserts</b>	<b>Brownie</b>	Raspberry Ripple Ice Cream	<b>Banana Oat Bite*</b>	<b>Summer Berry &amp; Peach Oaty Crumble* <i>with Custard</i></b>	<b>Strawberry Ice Cream</b>
<b>Fruit</b>	Banana Or Mandarin <i>offer with dessert</i>				
<b>Drink</b>	Water Bottle Or Milk Carton				
<b>Bread</b>	Bread Available Daily				

Week commencing 31/08 21/09 12/10

Menu subject to availability

# Solebay Primary School Lunch

## Menu Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	Cheese and Tomato Pizza Cheesy Tomato Topped Pizza Slice	Chicken Tikka Masala <i>with Rice</i> Succulent chicken in a mild curry sauce	Roast Turkey <i>with Roast Potatoes and Gravy</i> Moist roast turkey with fluffy roasties and tasty gravy	Pasta Bolognese A classic Italian beef Bolognese in a yummy tomato sauce	Southern Fried Chicken Tasters Lightly seasoned crispy chicken strips and scrummy chips
<b>Alternative Dish</b>	<b>Sausage and Mash with Gravy (V)</b> Fluffy mash with veggie sausages and rich gravy	<b>Baked Macaroni (V)</b> Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce	<b>Pastry Slice with Roast Potatoes and Gravy (V) (pastry)</b> Pumpkin and potatoes wrapped in flaky pastry	<b>Chilli Macaroni (V)</b> A lightly spiced Mac N Cheese	<b>Soft Taco and Chips (V)</b> A soft taco shell filled with a yummy veggie tomato chilli
<b>Jacket Potato</b>	Jacket Potato With A Choice Of Fillings Cheese    Beans    Tuna Mayo				
<b>Pasta</b>	<b>Tomato and Basil Pasta (V)</b> A delicious fresh, homemade tomato and basil sauce with penne pasta				
<b>Vegetables</b>	Sweetcorn	Peas	Peas	Sweetcorn	Baked Beans
<b>Desserts</b>	Vanilla Ice Cream	<b>Apple &amp; Carrot Yoghurt Muffin *</b>	Strawberry Ice Cream	<b>Chocolate Cake</b>	<b>Oatie Biscuit</b>  To be offered with mandarin or banana
<b>Fruit</b>	Banana Or Mandarin <i>offer with dessert</i>				
<b>Drink</b>	Water Bottle Or Milk Carton				
<b>Bread</b>	Bread Available Daily				

Week commencing 07/09, 28/09, 19/10,

Menu subject to availability

# Solebay Primary School Lunch

## Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	<b>Quorn Bolognese (V)</b>  Penne pasta in a yummy tomato and Quorn sauce	Sausage and Mash with Gravy Traditional Chicken Sausage and Mash with rich Gravy	Roast Turkey <i>with Roast Potatoes and Gravy</i> Moist roast turkey with fluffy roasties and tasty gravy	Pasta Bolognese  A classic Italian beef Bolognese in a yummy tomato and beef sauce	Golden Fish Fingers <i>and Chips</i> Crispy Fish Fingers and scrummy chips
Alternative Dish	Cheese and Tomato Pizza <i>with Dough Balls (V)</i>  Cheesy Tomato Topped Pizza Slice	Chinese Veggie Noodles  Egg noodles with stir fried vegetables	<b>Country Vegetable Pie (V)</b> (pastry) Creamy vegetable pie with a shortcrust topper	<b>Mild Chickpea &amp; Potato Curry</b> <i>with a Rice side**(V)</i> A tasty chick pea and potato masala	<b>Beany Burger with Chips (V)</b> A delicious homemade beany burger
Jacket Potato	Jacket Potato With A Choice Of Fillings Cheese                      Beans                      Tuna Mayo				
Pasta	<b>Tomato and Basil Pasta (V)</b> A delicious fresh, homemade tomato and basil sauce with penne pasta				
Vegetables	Sweetcorn	Peas	Peas	Sweetcorn	Baked Beans
Desserts	Vanilla Ice Cream	<b>Peach Shortbread Pudding *</b> <i>with Custard</i>	<b>Flapjack</b>  To be offered with mandarin or banana	<b>Chocolate Apricot Brownie</b>	Raspberry Ripple Ice Cream
Fruit	Banana Or Mandarin <i>offer with dessert</i>				
Drink	Water Bottle Or Milk Carton				
Bread	Bread Available Daily				

Week commencing 14/09, 05/10, 26/10,

Menu subject to availability