



September 2021

Primary School



Please note that your child can choose between the vegetarian or the non-vegetarian option. Brown bread sandwiches with ham, salami, cheese, egg and tuna can be served instead of hot lunch.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	1	2	3
Beef in Napoli sauce or Cheese Sauce (v) Whole Grain Pasta Cucumber / Carrot Sticks Yoghurt/Fresh Fruit	Chicken Meatball with gravy or Vega Balls (v) Mashed Potatoes Green Beans Yoghurt/Fresh Fruit	Fish Stick with Fish sauce or Vega Slice (v) Cooked potatoes Paris Carrot Yoghurt/Fresh Fruit	Sweet Thai Chicken or Vega Thai Sticks (v) Noodles and crackers Mixed Vegetables Yoghurt/Fresh Fruit	Hotdog (Chicken) or Vega Hotdog (v) Potato wedges Sweet Corn Yoghurt/Fresh Fruit
6	7	8	9	10
Beef with Tomato Sauce with Basil (H) or Cheese Sauce (v) Whole Grain Pasta Green Salad Yoghurt/Fresh Fruit	Roasted Turkey Slices with gravy or Omelet (v) Mashed Potatoes Green Beans Yoghurt/Fresh Fruit	Cordon Bleu /chicken with gravy or Vega Balls (v) Cooked potatoes Mixed Vegetables Yoghurt/Fresh Fruit	Chicken Drumsticks with gravy or Vega Roll (v) Brown Rice Broccoli Yoghurt/Fresh Fruit	Chicken burger or Vega Burger (v) Baked Potato slices Sweet Corn Yoghurt/Fresh Fruit
13	14	15	16	17
Beef with Bolognese Sauce (H) or Cheese Sauce (v) Whole Grain Pasta Mixed Salad Yoghurt/Fresh Fruit	Chicken Schnitzel with gravy or Vega Sausage (v) Brown Rice Peas and Carrots Yoghurt/Fresh Fruit	Fish Schnitzel with Fish sauce or Vega Slice (v) Mashed Potatoes Broccoli Yoghurt/Fresh Fruit	Chicken Teriyaki or Vega Teriyaki Noodles Green Beans Yoghurt/Fresh Fruit	Chicken nuggets or Vega Nuggets (v) Potato wedges Sweet Corn Yoghurt/Fresh Fruit
20	21	22	23	24
chicken Tomato Sauce (H) or Cheese Sauce (v) Whole Grain Pasta Cucumber / Carrot Sticks Yoghurt/Fresh Fruit	Chicken Oriental (H) with gravy or Vega Roll (v) Silvery Rice Green Beans Yoghurt/Fresh Fruit	Swedish Meatballs or Vega Balls (v) Cooked potatoes Peas and Carrots Yoghurt/Fresh Fruit	Beef Sausage or Vega Sausage (v) Mashed Potatoes Broccoli Yoghurt/Fresh Fruit	Cheese Pizza (v) or Cheese Pizza (v) or Mixed Salad Yoghurt/Fresh Fruit
27	28	29	30	
Beef with Napoli sauce or Cheese Sauce (v) Whole Grain Pasta Mixed Salad Yoghurt/Fresh Fruit	Chicken Sausage(H) with gravy or Vega Sausage (v) Silvery Rice Carrots Yoghurt/Fresh Fruit	Fish Stick with Fish sauce or Vega Slice (v) Baked Potato slices Mixed Vegetables Yoghurt/Fresh Fruit	Roasted Turkey Slices Meat Sauce or Cheese Omelet (v) Mashed Potatoes Green Beans Yoghurt/Fresh Fruit	

All meals are served with a drink; water or milk
(H); halal option; (V) vegetarian option; Pasta: whole wheat