



Eyres Monsell Primary School Menu 2016-2017



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Lamb Bolognaise (G)	Pork Sausages (G)	Chicken Fricasse (G,ML)	Chicken Fillets	Breaded Cod Fish Fingers (G)
OPTION 2	Chicken & Broccoli Bake (G,ML)	Macaroni Cheese (G,ML)	Cheese Flan (G,E,ML)	Spicy Lamb Enchilada (G,ML)	Chicken Biryani (ML,G)
OPTION (V)	Vegetable Bake (G,ML)	Macaroni Cheese (G,ML)	Cheese Flan (G,E,ML)	Quorn Fillet (G,E,ML)	Vegetable Burger (G)
SIDES	Pasta Twists (G) Malted Baguette (G) ~ Garden Peas Baton Carrots Mixed Salad	Creamed Potatoes (ML) Jacket Potato ~ Baked Beans Mixed Vegetables Mixed Salad	Boiled Potatoes Steamed Rice ~ Broccoli Florets Sweetcorn Mixed Salad	Roast Potatoes Jacket Potato ~ Shredded Cabbage Sliced Carrots Mixed Salad	Chips Naan Bread (G,E,ML) ~ Garden Peas Sweetcorn Mixed Salad
ACCOMPANIMENTS		Tomato Sauce	Tomato Sauce	Sage & Onion Stuffing (G) Gravy (G,E,ML)	Tomato Sauce Vinegar (G)
DESSERT	Coconut Cookie (G,ML,E) Plain Muffin (G,E,ML)	Chocolate Biscuit (G,ML, E) Strawberry Eton Mess (ML,E)	Iced Fruit Sponge (G,E,ML) Fruit Salad	Plum Crumble & Custard (G,ML) Cherry Shortbread (G,ML)	Apple Pie & Custard (G,ML) Chocolate Krispies (G)
BREAD	White Bread (G,ML)	Brown Bread (G,ML)	White Bread (G,ML)	Brown Bread (G,ML)	White Bread (G,ML)

MILK – FRUIT – YOGURT AVAILABLE DAILY

Week Commencing: 12 September, 10 October, 14 November, 12 December, 23 January 2017

G – Gluten ML = Milk/Lactose E = Eggs
For all other allergens please ask a member of catering staff



Eyres Monsell Primary School Menu 2016-2017



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Sticky Spicy Chicken	Cheese & Tomato Pizza (G,ML)	Roast Chicken Breast (G,E,ML)	Sausage Pasta Bake (G)	Cod Fishcake (G,ML)
OPTION 2	Cheese & Potato Pie (ML)	Savoury Lamb Meatballs in Tomato Sauce (G,E)	Salmon & Cheese Nuggets (G,ML,E)	Lamb Jalousie (G)	Pork Rogan Josh (G,ML)
OPTION (V)	Cheese & Potato Pie (ML)	Cheese & Tomato Pizza (G,ML)	Quorn Fillet (G,ML,E)	Quorn Sausage Pasta Bake (G,ML,E)	Vegetable Rogan Josh (G,ML)
SIDES	Egg Noodles (G,E) Malted Baguette (G) ~ Baked Beans Broccoli Florets Mixed Salad	Brown & White Rice Jacket Potato ~ Sweetcorn Mixed Vegetables Mixed Salad	Roast Potatoes Tomato Pasta (G,E,ML) ~ Brussel Sprouts Baton Carrots Mixed Salad	Garlic Dough Balls (G,E,ML) Creamed Potatoes (ML) ~ Garden Peas Cauliflower Au Gratin (ML) Mixed Salad	Chips Steamed Rice ~ Green Beans Baked Beans Mixed Salad
ACCOMPANIMENTS	Tomato Sauce	Tomato Sauce	Gravy (G,E,ML) Stuffing (G) Tomato Sauce	Gravy (G,E,ML)	Tomato Sauce Vinegar (G)
DESSERTS	Ginger Biscuit (G,E,ML) Iced Bun (G,E,ML)	Iced Cupcake (G,ML,E) Bananas or Peaches in Custard (ML)	Chocolate Tart (G,ML) Oat & Raisin Biscuit (G,E,ML)	Eves Pudding & Custard (G,ML,E) Rice Krispie Cookie (G,ML,E)	Ice Cream (ML) Chocolate Orange Cake (G,ML,E)
BREAD	Brown Bread (G,ML)	White Bread (G,ML)	Brown Bread (G,ML)	White Bread (G,ML)	Brown Bread (G,ML)

MILK – FRUIT – YOGURT AVAILABLE DAILY

Week Commencing: 19 September, 24 October, 21 November 2016, 2 January, 30 January 2017

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Eyres Monsell Primary School Menu 2016-2017



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Pork Sausages (G)	Cheese Flan (G,E,ML)	Chicken Chasseur	Pork Loin	Battered Pollock Goujons (G,ML)
OPTION 2	Lamb & Vegetable Masala (G,ML)	Butter Bean Pasta with Roasted Vegetables (G,ML)	Meat and Potato Pie (G,ML)	Lamb & Vegetable Cheese Cobbler (G,E,ML)	Cajun Chicken
OPTION (V)	Quorn Sausages (G,E,ML)	Cheese Flan (G,E,ML)	Quorn Chasseur (G,E)	Quorn Fillet (G,E,ML)	Cheese & Vegetable Bake (G,ML)
SIDES	Steamed Rice Creamed Potatoes (ML) ~ Baked Beans Mixed Vegetables Mixed Salad	Malted Baguette (G) Jacket Potato ~ Coleslaw (E) Garden Peas Mixed Salad	Boiled Potatoes Ciabatta Slice (G) ~ Broccoli Florets Sweetcorn Mixed Salad	Roast Potatoes Creamed Potatoes (ML) ~ Baton Carrots Peas Mixed Salad	Chips Tortilla (G) ~ Mixed Vegetables Garden/Mushy Peas Mixed Salad
ACCOMPANIMENTS	Tomato Sauce	Tomato Sauce		Gravy (G,E,ML) Parsley Sauce (G,ML)	Tomato Sauce Vinegar (G)
DESSERT	Date Slice (G) Cherry Shortbread (G,ML)	Chocolate Cracknel with Raisins (G) Ice Cream (ML)	Iced Sponge (G,E,ML) Fruit Medley	Apple Crumble & Custard (G,ML) Chocolate & Pear Muffin (G,E,ML)	Mousse (ML) Festival Shortbread (G,E)
BREAD	White Bread (G,ML)	Brown Bread (G,ML)	White Bread (G,ML)	Brown Bread (G,ML)	White Bread (G,ML)

MILK – FRUIT – YOGURT AVAILABLE DAILY

Week Commencing: 29 August, 26 September, 31 October, 28 November 2016, 9 January, 6 February 2017

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Eyres Monsell Primary School Menu 2016-2017



WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Macaroni & Mince Gratin (G,ML)	Pork Loin in Gravy (G,E,ML)	Lamb & Vegetable Pie (G,E,ML)	Selection Of Pizza (G,ML)	Battered Cod (G)
OPTION 2	Pork Casserole (G)	Salmon Nibbles (G,ML)	Chicken Stir Fry	Chick Pea & Potato Curry (G,E,ML)	Chicken Lasagne (G,ML)
OPTION (V)	Winter Vegetable Casserole (G,ML)	Quorn Fillet (G,E,ML)	Quorn Stir Fry (G,E)	Selection of Pizza (G,ML)	Quorn Burger (G,E,ML)
SIDES	Malted Baguette (G) Creamed Potatoes (ML) ~ Sweetcorn Sliced Carrots Mixed Salad	Roasted Potatoes Creamed Potatoes (ML) ~ Mixed Vegetables Shredded Cabbage Mixed Salad	Creamed Potatoes (ML) Garlic Bread (G,E) ~ Broccoli Florets Sweetcorn & Mixed Peppers Mixed Salad	Jacket Potato Steamed Rice ~ Baked Beans Garden Peas Mixed Salad	Chips Ciabatta Slice (G) ~ Garden/Mushy Peas Baton Carrot Mixed Salad
ACCOMPANIMENTS	Gravy (G,E,ML)	Gravy (G,E,ML)	Gravy (G,E,ML)	Tomato Sauce	Tomato Sauce Vinegar (G)
DESSERTS	Ice Cream (ML) Apple Flapjack (G)	Fruit Strudel & Custard (G,ML) Melting Moment (G)	Lemon Biscuit (G,E) Fruit Salad	Iced Carrot Cake (G,E,ML) Mousse (ML)	Iced Fruit Sponge (G,E,ML) Jumble Biscuit (G,E,ML)
BREAD	Brown Bread (G,ML)	White Bread (G,ML)	Brown Bread (G,ML)	White Bread (G,ML)	Brown Bread (G,ML)

MILK – FRUIT – YOGURT AVAILABLE DAILY

Week Commencing: 5 September, 3 October, 7 November, 5 December 2016, 16 January 2017

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