

Greenholm Primary School Menu

WEEK ONE

Monday

- ◆ Crispy Fish Fingers
- ◆ Vegetable Samosa
- ◆ Jacket Potatoes with (Cheese/Beans)
- ◆ Freshly prepared Wraps/Sandwiches/ Baguettes

- ◆ Crispy Potatoes Cubes
- ◆ Creamed Potatoes
- ◆ Broccoli
- ◆ Sweetcorn

- ◆ Chocolate Crunch
- ◆ Custard
- ◆ Fresh Fruit Salad
- ◆ Yoghurt

Tuesday

- ◆ Chicken Meatballs in tomato sauce
- ◆ Quorn Burgers
- ◆ Jacket Potatoes with (Cheese/Beans)
- ◆ Freshly prepared Wraps/ Sandwiches/ Baguettes

- ◆ Spaghetti
- ◆ Creamed Potatoes
- ◆ Carrots
- ◆ Peas

- ◆ Iced Sponge
- ◆ Custard
- ◆ Fresh Fruit Salad
- ◆ Yoghurt

Wednesday

- ◆ Homemade Lamb Lasagne
- ◆ Homemade Vegetable Lasagne
- ◆ Fish Goujons
- ◆ Jacket Potatoes with (Cheese/Beans)
- ◆ Freshly prepared Wraps/ Sandwiches/ Baguettes

- ◆ Garlic Bread
- ◆ Creamed Potatoes
- ◆ Sweetcorn
- ◆ Green Beans

- ◆ Jam or Treacle Sponge
- ◆ Custard
- ◆ Fresh Fruit Salad
- ◆ Yoghurt

Thursday

- ◆ Roast Chicken with Yorkshire pudding
- ◆ Quorn Roast with Yorkshire Pudding
- ◆ Cheese Pastries
- ◆ Freshly prepared Wraps / Sandwiches/ Baguettes

- ◆ Roast Potatoes
- ◆ Creamed Potatoes
- ◆ Sprouts
- ◆ Carrots
- ◆ Broccoli

- ◆ Strawberry Mouse
- ◆ Fresh Fruit Salad
- ◆ Yoghurt

Friday

- ◆ Cheese & Tomato Pizza (pepperoni optional)
- ◆ Chicken Steak
- ◆ Freshly prepared Sandwiches/Baguettes

- ◆ Chips
- ◆ Beans
- ◆ Sweetcorn

- ◆ Chocolate Chip Muffins
- ◆ Fruit Squash
- ◆ Fresh Fruit Salad
- ◆ Yoghurt

Salad selection is available daily as an alternative to vegetables. Fresh drinking water, or milk and homemade chunky bread is also available daily

No fish is served from the Marine Stewardship Council 'Fish To Avoid List' Fair-trade products – We use fairtrade bananas and fruit Juice Free Range eggs are used in our recipes.

Where possible our meat, fruit and vegetables are locally sourced (Subject to Availability)

Greenholm Primary School Menu

WEEK TWO

Monday

- ◆ Pollock Fillet of Fish
- ◆ Cheese & Potato Pie
- ◆ Jacket Potatoes with (Cheese/Beans)
- ◆ Freshly prepared Wraps/Sandwiches/Baguettes

- ◆ Crispy Potatoes Cubes
- ◆ Creamed Potatoes
- ◆ Beans
- ◆ Peas

- ◆ Chocolate coated Flapjack or Fruit Flapjack
- ◆ Custard
- ◆ Fresh Fruit Salad
- ◆ Yoghurt

Tuesday

- ◆ Homemade Chicken Curry
- ◆ Homemade Vegetable Curry
- ◆ Fish Goujons
- ◆ Jacket Potatoes with (Cheese/Beans)
- ◆ Freshly prepared Wraps/Sandwiches/Baguettes

- ◆ Creamed Potatoes
- ◆ Basmati Rice
- ◆ Naan Bread
- ◆ Sweetcorn
- ◆ Green Beans

- ◆ Iced Sponge
- ◆ Custard
- ◆ Fresh Fruit Salad
- ◆ Yoghurt

Wednesday

- ◆ Homemade Cottage Pie
- ◆ Italian Pasta Bake
- ◆ Jacket Potatoes with (Cheese/Beans)
- ◆ Freshly prepared Wraps/ Sandwiches/ Baguettes

- ◆ Creamed Potatoes
- ◆ Jersey Mids
- ◆ Broccoli
- ◆ Carrots

- ◆ Chocolate Cookie
- ◆ Strawberry Milkshake
- ◆ Fresh Fruit Salad
- ◆ Yoghurt

Thursday

- ◆ Roast Pork
- ◆ Quorn Roast
- ◆ Fishcakes
- ◆ Freshly prepared Wraps / Sandwiches/ Baguettes

- ◆ Roast Potatoes
- ◆ Creamed Potatoes
- ◆ Green Beans
- ◆ Carrots
- ◆ Sweetcorn

- ◆ Vanilla Ice-Cream
- ◆ Fresh Fruit Salad
- ◆ Yoghurt

Friday

- ◆ Cheese & Tomato Pizza (pepperoni optional)
- ◆ Turkey Burger in a Bun
- ◆ Freshly prepared / Sandwiches/Baguettes

- ◆ Chips
- ◆ Beans
- ◆ Sweetcorn

- ◆ Chocolate Cracknell
- ◆ Fruit Squash
- ◆ Fresh Fruit Salad
- ◆ Yoghurt

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WEEK THREE

Monday

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- ◆ Vegetable Pasta Bake
- ◆ Jacket Potatoes with (Cheese/Beans)
- ◆ Freshly prepared Wraps/Sandwiches/ Baguettes

- ◆ Crispy Potatoes Cubes
- ◆ Creamed Potatoes
- ◆ Carrots
- ◆ Sweetcorn

- ◆ Shortbread
- ◆ Custard
- ◆ Fresh Fruit Salad
- ◆ Yoghurt

Tuesday

- ◆ Tasty Pork Sausages
- ◆ Vegan Sausages
- ◆ Homemade Macaroni Cheese
- ◆ Jacket Potatoes with (Cheese/Beans)
- ◆ Freshly prepared Wraps/ Sandwiches/ Baguettes

- ◆ Creamed Potatoes
- ◆ Hash Rounds
- ◆ Beans
- ◆ Peas

- ◆ Iced Sponge
- ◆ Custard
- ◆ Fresh Fruit Salad
- ◆ Yoghurt

Wednesday

- ◆ Homemade Beef Bolognaise
- ◆ Homemade Quorn Bolognaise
- ◆ Pollock Fillet of Fish
- ◆ Jacket Potatoes with (Cheese/Beans)
- ◆ Freshly prepared Wraps/ Sandwiches/ Baguettes

- ◆ Creamed Potatoes
- ◆ Spaghetti
- ◆ Carrots
- ◆ Sweetcorn

- ◆ Chocolate sponge with buttercream
- ◆ Custard
- ◆ Fresh Fruit Salad
- ◆ Yoghurt

Thursday

- ◆ Roast Beef with Yorkshire pudding
- ◆ Quorn Roast with Yorkshire pudding
- ◆ Cheesy Broccoli Pasta Bake
- ◆ Freshly prepared Wraps / Sandwiches/ Baguettes

- ◆ Roast Potatoes
- ◆ Creamed Potatoes
- ◆ Carrots/Romano beans / Broccoli
- ◆ Sweetcorn

- ◆ Golden Oat Biscuit
- ◆ Milk Drink
- ◆ Fresh Fruit Salad
- ◆ Yoghurt

Friday

- ◆ Cheese & Tomato Pizza (pepperoni optional)
- ◆ Pork Sausage Roll
- ◆ Freshly prepared / Sandwiches/Baguettes

- ◆ Chips
- ◆ Beans
- ◆ Sweetcorn

- ◆ Doughnuts
- ◆ Fruit Squash
- ◆ Fresh Fruit Salad
- ◆ Yoghurt

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