Northwold Primary School Menu – Week 1

	Monday **MEAT FREE MONDAY**	Tuesday	Wednesday	Thursday	Friday
Meat Choice	Homemade Vegetable Pizza (G, MK)	Chicken & Vegetable Lasagne (wholemeal) (G, MK, MU)	Lamb Curry (CE, MU)	Chicken Sausage with Gravy (G, MK, SO, SU, CE, MU)	Cod Fish Fingers (F, G)
Vegetarian Choice	Whole meal Pasta with Vegetables in Tomato Sauce (G)	Lentil Wellington DL (G, V)	Vegetable Chow Mein (G, SO, V)	Cheese or Tuna Wrap with Salad (G, MK, MU, F, E)	Jacket Potato with Cheese/Beans/Tuna (MK, F)
Alternative Choice	Vegetable Pasty (G, V, MK, MU)	Stuffed Peppers (V)	Baked Salmon with Lemon Sauce (F)	Red Kidney Bean & Vegetable Stew (V)	Vegetable Samosa (G, V)
Sides	Bread Potato Wedges (G, MK, E)	Bread Diced Potatoes (G, MK, E)	Homemade Bread Brown Rice (G, MK, E)	Bread Mash Potatoes (G, MK, E)	Homemade Bread Oven Chips (G, MK, E)
Vegetables	Mixed Vegetables Cauliflower	Diced Carrot Broccoli	Sweetcorn Peas	Sliced Carrots Green Beans	Baked Beans Peas
Dessert Choice	Fruit Jelly Plain yoghurt Fresh Fruit (MK)	Iced Sponge with Custard Plain Yogurt Fresh Fruit (MK, G)	Fresh Fruit Salad Fruit Yogurt Fresh Fruit (MK)	Cheese & Crackers Fruit Yogurt Fresh Fruit (G, MK)	Ice Cream Fruit Yogurt Fresh Fruit (MK)
Dietary Information	**Fresh salad served daily - All our meat is Halal** V - Vegetarian CE - contains Celery G - contains Gluten F - contains Fish E - Egg		SO - contains Soya MK - contains Milk SU - contains Sulphur Dioxide MU - contains Mustard		

Northwold Primary School Menu – Week 2

	Monday **MEAT FREE MONDAY**	Tuesday	Wednesday	Thursday	Friday
Meat Choice	Macaroni & Cheese **(G, MK)**	Chicken Pie **(G)**	Spaghetti Bolognese **(G, MU, SO)**	Peri-Peri Chicken **(MU)**	Battered Fish **(F, G)**
Vegetarian Choice	Vegetable Burger **(G, V)**	Vegetable Biryani with Rice **(V)**	Vegetable Curry **(V)**	Jacket Potato with Cheese/Beans & Tuna **(MK, F)**	Cheese & Egg Flan **(G, E, MK)**
Alternative Choice	Bean chili with brown rice **DL** **(VG,V, CE, S)**	Fish Curry with Brown Rice **(V, F)**	Cheese & Onion Pastry **(G, V, MK)**	Spinach & Ricotta Tortellini **(MK, G, V)**	Mexican Wrap **(G, MU)**
Sides	Bread Diced Potatoes **(G, MK)**	Bread New Potatoes **(MK, E)**	Homemade Bread Brown Rice **(G, MK, E)**	Bread Potato Wedges **(G, MK, E)**	Homemade Bread Oven Baked Chips **(G, MK, E)**
Vegetables	Mixed Vegetables Cauliflower	Sliced Carrots Broccoli	Sweetcorn Garden Peas	Diced Carrots Green Beans	Baked Beans Peas
Dessert Choice	Fruit Jelly Plain Yogurt Fresh Fruit **(MK)**	Caramel Tart with Custard Plain Yogurt Fresh Fruit **(MK, G)**	Fresh Fruit Salad Fruit Yogurt Fresh Fruit **(MK)**	Cheese & Biscuits Fruit Yogurt Fresh Fruit **(G, MK)**	Ice Cream Fruit Yogurt Fresh Fruit **(MK)**
Dietary Information	Fresh salad served daily - All our meat is Halal V - Vegetarian SO - contains Soya CE - contains Celery MK - contains Milk G - contains Gluten SU - contains Sulphur Dioxide F - contains Fish MU - contains Mustard E - Egg				

Northwold Primary School Menu – Week 3

	Monday **MEAT FREE MONDAY**	Tuesday	Wednesday	Thursday	Friday
Meat Choice	Vegetable Chow Mein (E)	Chicken Burger with Salad (G, M)	Lamb Meatballs with Spaghetti (G, MU, SO)	Tandoori Chicken (MU)	Cod Fish Fingers (F, G)
Vegetarian Choice	Peri-peri rice with Vegetables (V)	Vegetable Lasagne (G, V, MK)	Egg Curry (F, G)	Vegetarian Moussaka (F, MK, G)	Jacket Potato with Tuna/Cheese & Beans (MK, F)
Alternative Choice	Bean quesadilla DL (V, G, S)	Falafel and hummus wrap (V, G, MK)	Vegan Sausage Roll (V, G)	Chickpea & Vegetable Stew (V)	Vegetable Samosa (V)
Sides	Coleslaw Bread (G, MK, E)	Bread Garlic bread (G, MK, E)	Homemade Bread Spaghetti (G, MK, E, MU, SO)	Bread Brown Rice (G, MK, E)	Homemade Bread Oven Baked Chips (G, MK, E)
Vegetables	Mixed Vegetables Cauliflower	Sliced Carrot Broccoli	Sweetcorn Peas	Julienne Carrots Green Beans	Baked Beans Mushy Peas
Dessert Choice	Fruit Jelly Plain Yogurt Fresh Fruit (MK)	Banana bread DL (V, E, MK, G, S) Plain Yogurt Fresh Fruit (MK, G)	Fresh Fruit Salad Fruit Yogurt Fresh Fruit (MK)	Cheese & Crackers Fruit Yogurt Fresh Fruit (G, MK)	Ice Cream Fruit Yogurt Fresh Fruit (MK)
Dietary Information	**Fresh salad served daily - All our meat is Halal** V - Vegetarian SO - contains Soya CE - contains Celery MK - contains Milk G - contains Gluten SU - contains Sulphur Dioxide F - contains Fish MU - contains Mustard E - Egg				

Northwold Primary School Menu – Week 4

	Monday **MEAT FREE MONDAY**	Tuesday	Wednesday	Thursday	Friday
Meat Choice	Pasta in Tomato Sauce **(G, V)**	Shephard's Pie **No recipe** **(MK, G)**	Lamb Tagine **(G, MU)**	Roast Chicken with Gravy **(G,MU)**	Crumbed Cod **(F)**
Vegetarian Choice	Lentil Dhal Curry with Naan **(V, G, MK)**	Veggie sausage and homemade wedges **DL** **(V, G, S)**	Vegetable Shephard's Pie **DL** **(V, CE, S)**	Cheese & Potato Whirls **(G, V, MU, E, MK)**	Jacket Potato with Cheese & Baked Beans/Tuna **(MK)**
Alternative Choice	Vegetable Goulash **(V)**	Salmon Fish Cakes **(F, G)**	Spinach & Chickpea Curry **(V)**	Vegan Spring Roll **(G)**	Cheese & Egg Flan **(G, E, MK)**
Sides	Bread Naan Bread **(G, MK, E)**	Bread Potato Wedges **(G, MK)**	Homemade Bread Couscous **(G, MK)**	Bread Yorkshire Pudding **(G, MK)**	Homemade Bread Oven Chips **(G, MK)**
Vegetables	Mixed Vegetables Cauliflower	Sliced Carrots Broccoli	Sweetcorn Garden Peas	Julienne Carrots Green Cabbage	Baked Beans Mushy Peas
Dessert Choice	Fruit Jelly Plain Yogurt Fresh Fruit **(MK)**	Apple Crumble with Custard Plain Yogurt Fresh Fruit **(MK)**	Fresh Fruit Salad Fruit Yogurt Fresh Fruit **(MK)**	Cheese & Biscuits Fruit Yogurt Fresh Fruit **(G, MK)**	Ice Cream Fruit Yogurt Fresh Fruit **(MK)**
Dietary Information	**Fresh salad served daily - All our meat is Halal** V - Vegetarian SO - contains Soya CE - contains Celery MK - contains Milk G - contains Gluten SU - contains Sulphur Dioxide F - contains Fish MU - contains Mustard E - Egg				