

FIRBANK PRIMARY SCHOOL LUNCH MENU SUMMER/AUTUMN

WEEK ONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>OPTION ONE</u>	<u>OPTION ONE</u>	<u>OPTION ONE</u>	<u>OPTION ONE</u>	<u>OPTION ONE</u>
Breaded Fish Fingers ***fish***	Chicken Tikka & Nann **wheat gluten**	Meat Pie **gluten**	Spaghetti Bolognese with Garlic Bread **wheat gluten eggs **	Pizza Slices ***gluten milk***
<u>OPTION TWO</u>	<u>OPTION TWO</u>	<u>OPTION TWO</u>	<u>OPTION TWO</u>	<u>OPTION TWO</u>
Penne Pasta with Tomato and Basil Sauce **wheat**	Cheesy Puffs **wheat milk**	Quorn Southern Fried Bites **gluten milk**	Fish Cakes **fish**	Assorted Sandwich **wheat milk fish**
VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES
Herby Diced Potato Baked Beans **milk**	Seasoned Potato Wedges Peas / Sweetcorn	Creamed /Roast Potato Carrots / Broccoli **milk**	Pommes Noisettes Veg Medley	Chunky Chips Baked Beans
ALTERNATIVE DISH	ALTERNATIVE DISH	ALTERNATIVE DISH	ALTERNATIVE DISH	ALTERNATIVE DISH
Baked Potato/Assorted Fillings Salad	Baked Potato/Assorted Fillings Salad	Baked Potato/Assorted Fillings Salad	Baked Potato/Assorted Fillings Salad	Baked Potato/Assorted Fillings Salad
DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS
Fruit Flapjacks Fresh Fruit Yoghurt **gluten**	Jelly Fresh Fruit Yoghurt **wheat milk**	Choc Fudge Muffin Fresh Fruit Yoghurt **milk**	Homemade Rice Pudding Fresh Fruit Yoghurt **wheat milk**	Marble Cake Fresh Fruit Yoghurt **wheat milk**

WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION ONE	OPTION ONE	OPTION ONE	OPTION ONE	OPTION ONE
Beef Lasagne Garlic Bread **wheat milk**	Mini Chicken with Savoury Rice **wheat gluten**	Roast Beef and Yorkshire Pudding **milk eggs**	Potato and Cheese Pin Wheels **wheat **	Oven Baked Sausages ***gluten soya***
OPTION TWO	OPTION TWO	OPTION TWO	OPTION TWO	OPTION TWO
Breaded Salmon Nuggets **fish**	Cheese & tomato Pasta Bake with Crusty Bread **wheat milk**	Veggie Rolls **wheat milk**	Assorted Salad Subs **wheat **	Tuna, Cheese or Ham Sandwiches **wheat milk fish**
VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES
Potato Wedges Peas / Sweetcorn **milk**	Vegetable Medley	Creamed /Roast Potato Carrots / Cauliflower **milk**	Herby Diced Potatoes Spaghetti / Sweetcoen	Chunky Chips Baked Beans
ALTERNATIVE DISH	ALTERNATIVE DISH	ALTERNATIVE DISH	ALTERNATIVE DISH	ALTERNATIVE DISH
Baked Potato/Assorted Fillings Salad	Baked Potato/Assorted Fillings Salad	Baked Potato/Assorted Fillings Salad	Baked Potato/Assorted Fillings Salad	Baked Potato/Assorted Fillings Salad
DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS
Chocolate Squares Fresh Fruit Yoghurt **wheat gluten milk**	Ice Cream with wafers Fresh Fruit Yoghurt **wheat milk**	Banana Muffin Fresh Fruit Yoghurt **milk**	Syrup Sponge & Custard Fresh Fruit Yoghurt **wheat milk**	Assortment of Biscuits Fresh Fruit Yoghurt MILKSHAKE **wheat milk**

WEEK THREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION ONE	OPTION ONE	OPTION ONE	OPTION ONE	OPTION ONE
Starfish **fish**	Homemade Meat & Potato Pie **wheat**	Roast Chicken and Stuffin **cereal**	Chicken Balti with Naan Bread **wheat gluten**	Pizza **wheat gluten milk**
OPTION TWO	OPTION TWO	OPTION TWO	OPTION TWO	OPTION TWO
Vegetable Quiche **wheat**	Pasta Bake **wheat milk**	quorn burgers **wheat**	Cheesy Omelette **egg milk**	Variety of Sandwiches **wheat milk fish**
VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES
Seasoned New Potato Peas / Sweetcorn **milk**	Vegetable Medley	Creamed /Roast Potato Carrots / Cauliflower **milk**	Herby Diced Potatoes Baked Beans **wheat**	Chunky Chips Spaghetti Hoops / Sweetcorn
ALTERNATIVE DISH	ALTERNATIVE DISH	ALTERNATIVE DISH	ALTERNATIVE DISH	ALTERNATIVE DISH
Baked Potato/Assorted Fillings Salad	Baked Potato/Assorted Fillings Salad	Baked Potato/Assorted Fillings Salad	Baked Potato/Assorted Fillings Salad	Baked Potato/Assorted Fillings Salad
DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS
Apple/Apricot Friuty Flapjack Fresh Fruit Yoghurt **wheat gluten milk**	Jelly and Fruit Fresh Fruit Yoghurt **wheat milk**	Lemon Drizzle Buns Fresh Fruit Yoghurt **wheat milk**	Fruit Crumble with Custard Fresh Fruit /Yoghurt **wheat milk**	Assortment of Biscuits Fresh Fruit Yoghurt **wheat milk**

WEEK FOUR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION ONE	OPTION ONE	OPTION ONE	OPTION ONE	OPTION ONE
Fish Fingers **fish**	Mince Beef with Dumplings **wheat**	Chicken Pie **wheat gluten**	Homemade Sausage Roll **wheat**	Hot dog **wheat**
OPTION TWO	OPTION TWO	OPTION TWO	OPTION TWO	OPTION TWO
Pasta Carbonara Crusty Bread **wheat**	Salmon Nuggets **fish**	Jacket Potato with assorted fillings	Spaghetti Napolitana Garlic Bread **wheat**	Sandwiches **wheat milk fish**
VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES	VEGETABLES
Pommes Noisettes Vegetable Medley **milk**	Roast potato Sweetcorn/ Peas	Creamed Potato Carrots / Broccoli **milk**	Herby Diced Potatoes Sweetcorn Baked Beans **milk**	Chunky Chips Baked Beans
ALTERNATIVE DISH	ALTERNATIVE DISH	ALTERNATIVE DISH	ALTERNATIVE DISH	ALTERNATIVE DISH
Baked Potato/Assorted Fillings Salad Bar	Baked Potato/Assorted Fillings Salad Bar	Salad Bar	Baked Potato/Assorted Fillings Salad Bar	Baked Potato/Assorted Fillings Salad Bar
DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS
Iced Fancies Fresh Fruit Yoghurt **wheat gluten milk**	Sponge with Custard Fresh Fruit Yoghurt **wheat milk**	Fruit Mousse Fresh Fruit Yoghurt **wheat milk**	Jam Slices Fresh Fruit Yoghurt **wheat milk**	Frozen Yoghurt Pots Fresh Fruit **wheat milk**

