



2 Choice Primary School Menu


Autumn Menu 2010

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday	
Choice One	Shepherd's Pie	Chicken Curry served with Rice	Roast Chicken served with Roast or New Potatoes	Casserole with New Potatoes	Fish Fingers with Potato Wedges	
Choice Two	Roast Vegetables and Chickpea Cous Cous	Quiche with New Potatoes	Vegetable Chow Mein	Homemade Pizza	Vegetable Curry with Rice	
Vegetables	Sweetcorn and Broccoli	Cauliflower Peas	Carrots Cabbage	Swede and Baked Beans	Carrots and Peas	
Dessert	Fresh Fruit Salad & Natural Yoghurt	Apple Sponge and Custard	Chocolate Fudge Pudding	Shortbread	Jelly	
Baguette						

Please state type

	WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
	Choice One	Lasagne	Homemade Burger in a Bun	Roast Chicken served with Roast or New Potatoes	Lamb Curry with Rice	Fishcake with Jacket Wedges
	Choice Two	Vegetable Rice	Vegetable Pie	Vegetable Lasagne	Homemade Pizza	Vegetarian Tacos
	Vegetables	Broccoli and Carrots	Peas and Sweetcorn	Root Vegetable Mash and Cabbage	Carrots and Broccoli	Cauliflower and Baked Beans
	Dessert	Rhubarb Fool	Chocolate Pudding with Chocolate Sauce	Banana Cake	Crumble and Custard	Sponge and Custard
	Baguette					

Please state type

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday	
Choice One	Spaghetti Bolognese	Sausages and Beans with Mashed Potato	Roast Chicken served with Roast or New Potatoes	Sweet and Sour Chicken with Rice	Fish and Oven Chips	
Choice Two	Vegetable Bake with Jacket Wedges	Vegetable Lattice Pie with Mashed Potato	Vegetable Pasta Bake	Tomato Pizza	Vegetable Pie	
Vegetables	Broccoli and Carrots	Cauliflower and Peas	Parsnips and Cabbage	Broccoli and Sweetcorn	Carrots and Peas	
Dessert	Ice Cream & Fruit Pot	Rice Pudding	Chocolate Brownie with Chocolate Sauce	Cake with Custard	Flapjack	
Baguette						

Please state type



The following are available daily:
 y prepared Salad Bar containing 4-6 choices (minimum of 3 with no dressing)
 Fresh White & Wholemeal Crusty Bread
 Chilled Water

Alternative dessert options available daily:
 Selection of Seasonal Fresh Fruit - Low Fat Fruit Yoghurts - Cheese & Biscuits
 Chilled Water

The Carbohydrate is incorporated in the whole dish unless otherwise stated

