

SPRING/SUMMER MENUS 2019

St Ethelberts Primary School

Week One Dates 22/04/19 – 13/05/19 – 03/06/19 – 24/06/19 – 15/07/19 – 05/08/19 – 26/08/19 – 16/09/19 – 07/10/19

| Week 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------|---|---|---|---|---|
| Main Course | Beef Burger in a Bun & Homemade Wedges | Shepherd's Pie | Roast Turkey served with Roast Potatoes, Stuffing & Gravy | Chicken Pie & Mash | MSC Fish Fingers & Chips |
| Vegetarian Main Course | Veggie Mince Chilli with Wholegrain Rice | Margherita Pizza | Quorn Roast served with Roast Potatoes, Stuffing & Gravy | Tomato, Vegetable Sausage & Macaroni Bake | Vegetable Nuggets & Chips |
| Jacket Potato and Filling | Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise | Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise | Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise | Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise | Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise |
| Vegetables | Sweetcorn & Coleslaw | Fresh Broccoli & Sweetcorn | Cauliflower & Peas | Roasted Mediterranean Vegetables | Garden Peas or Baked Beans |
| Dessert | Ice Cream | Chocolate Crispy with Sultanas | Jelly | Jam Sponge with Custard | Ginger Biscuit with Orange Slices |

Week Two Dates 29/04/19 – 20/05/19 – 10/06/19 – 01/07/19 – 22/07/19 – 12/08/19 – 02/09/19 – 23/09/19 – 14/10/19

| Week 2 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------|---|---|---|---|---|
| Main Course | Sausage & Mash | Italian Style Chicken with Rice | Roast Lamb served with Roast Potatoes, Yorkshire Pudding & Gravy | Beef & Onion Pie | MSC Fish Fingers & Chips |
| Vegetarian Main Course | Pasta Bolognese with Veggie Mince | Margherita Pizza | Quorn Roast served with Roast Potatoes, Yorkshire Pudding & Gravy | Tomato & Basil Pasta | Quorn Fajita & Chips |
| Jacket Potato and Filling | Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise | Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise | Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise | Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise | Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise |
| Vegetables | Carrots & Mixed Vegetables | Broccoli & Sweetcorn | Savoy Cabbage & Sweetcorn | Green Beans & Carrots | Garden Peas or Baked Beans |
| Dessert | Ice Cream | Frozen Strawberry Yoghurt | Jelly | Oat Biscuit with Fruit Wedges | Chocolate Cake |

Week Three Dates 06/05/19 – 27/05/19 – 17/06/19 – 08/07/19 – 29/07/19 – 19/08/19 – 09/09/19 – 30/09/19 – 21/10/19

| Week 3 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------|---|---|---|---|---|
| Main Course | Cornish Pasty with a Warm Potato Salad | Mild Chicken Curry with Brown Rice | Roast Chicken served with Roast Potatoes, Stuffing & Gravy | Pasta Bolognese & Garlic Bread | MSC Salmon Fish Finger & Chips |
| Vegetarian Main Course | Mac n Cheese | Margherita Pizza | Quorn Roast served with Roast Potatoes, Stuffing & Gravy | Vegetable Grill with Homemade Potato Wedges | Vegetable Curry & Wholegrain Rice |
| Jacket Potato and Filling | Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise | Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise | Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise | Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise | Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise |
| Vegetables | Peas & Sweetcorn | Carrots & Sweetcorn | Broccoli & Carrots | Cauliflower & Sliced Green Beans | Garden Peas or Baked Beans |
| Dessert | Ice Cream | Chocolate Crunch | Jelly | Fresh Carrot Cake with Icing Glaze | Oat Biscuit with Banana |

Available Daily:
Fresh Bread, Salad Bar, Fresh Fruit & Yoghurts