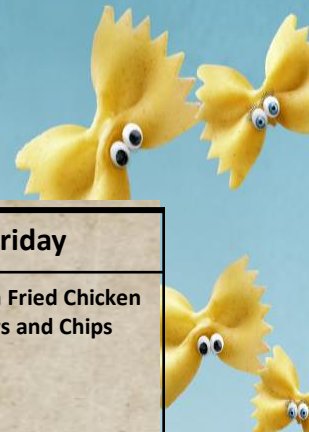


St George  
Primary Lunch Menu  
Autumn 2021



# Lunch Menu

## Week 1 - Mains



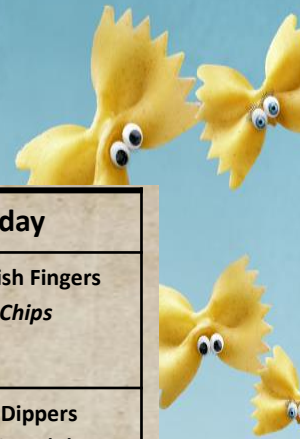
- 30-Aug-21
- 20-Sep-21
- 11-Oct-21
- 08-Nov-21
- 29-Nov-21
- 03-Jan-22
- 24-Jan-22
- 14-Feb-22

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	Cheese and Tomato Pizza ** with Dough Balls (V)	Chicken Burger with Potato Wedges	Roast Chicken with Roast Potatoes and Gravy	Bacon All Day Breakfast	Southern Fried Chicken Tasters and Chips
<b>Alternative Dish</b>	Veggie Burrito (V) 	Tomato Basil Pasta (V)	Quorn roast with Roast Potatoes and Gravy (V)	Quorn Hot Dog with Potato Wedges (V)	Soft Taco and Chips (V) 
<b>Third Choice</b>	Cheese Roll With Salad, Fresh Fruit, and Yoghurt or Dessert of the Day	Jacket Potato with Salmon Mayonnaise ***	Tuna Wrap With Salad, Fresh Fruit, and Yoghurt or Dessert of the Day	Cheese Wrap With Salad, Fresh Fruit, and Yoghurt or Dessert of the Day	Ham Roll With Salad, Fresh Fruit, and Yoghurt or Dessert of the Day
<b>Salads</b>	A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot, Coleslaw 				
<b>Jacket Potato</b>	Jacket Potato With A Choice Of Fillings Cheese or Baked Beans				
<b>Vegetables</b>	Green Beans Sweetcorn	Peas Sweetcorn	Carrots Cabbage	Broccoli Sweetcorn	Baked Beans Peas
<b>Desserts</b>	Strawberry Ice Cream	Secret Brownie	Shortbread Biscuit with Fruit Slices*	Pineapple Upside Down Cake * with Custard 	Lemon Slice
Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily *Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian					







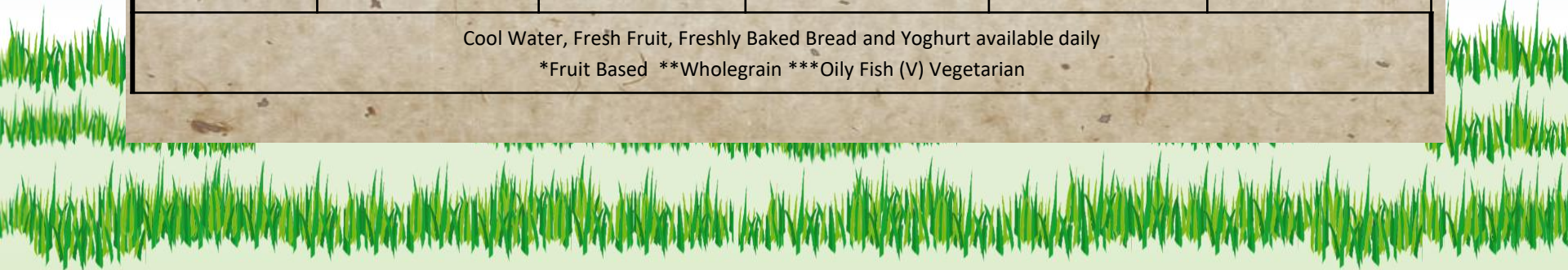
# Lunch Menu

## Week 2 - Mains



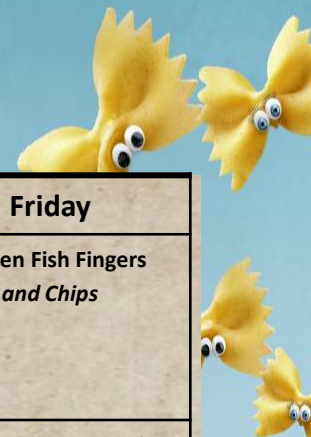
- 06-Sep-21
- 27-Sep-21
- 18-Oct-21
- 15-Nov-21
- 06-Dec-21
- 10-Jan-22
- 31-Jan-22

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	Cheese and Tomato Pizza ** with Dough Balls (V)	Pork Sausage with Mashed Potato and Gravy	Roast Turkey with Roast Potatoes and Gravy	Beef Burrito 	Golden Fish Fingers and Chips
<b>Alternative Dish</b>	Tomato Basil Pasta (V)	Veggie Sausage and Mash with Gravy (V) 	Quorn roast with Roast Potatoes and Gravy (V)	Macaroni Cheese (V)	Quorn Dippers with Chips (V)
<b>Third Choice</b>	Cheese Roll With Salad, Fresh Fruit, and Yoghurt or Dessert of the Day	Ham Wrap With Salad, Fresh Fruit, and Yoghurt or Dessert of the Day	Tuna Mayo Roll With Salad, Fresh Fruit, and Yoghurt or Dessert of the Day	Cheese Wrap With Salad, Fresh Fruit, and Yoghurt or Dessert of the Day	Ham Roll With Salad, Fresh Fruit, and Yoghurt or Dessert of the Day
<b>Salads</b>	A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot, Coleslaw				
<b>Jacket Potato</b>	Jacket Potato With A Choice Of Fillings Cheese or Baked Beans 				
<b>Vegetables</b>	Carrot Sticks Cucumber Sticks	Peas Broccoli	Carrots Cabbage	Green Beans Sweetcorn	Baked Beans Peas
<b>Desserts</b>	Vanilla Ice-Cream	Apple and Berry Crumble * with Custard 	Crunchy Chocolate Biscuit	Fruity Chocolate Brownie	Flapjack with Fruit Slices*
Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily *Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian					



# Lunch Menu

## Week 3 - Mains



13-Sep-21  
04-Oct-21  
01-Nov-21  
22-Nov-21  
13-Dec-21  
17-Jan-22  
07-Feb-22

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	Cheese and Tomato Pizza ** with Dough Balls (V)	Chicken Korma with Rice**	Roast Pork <i>with Roast Potatoes and Gravy</i>	Beef Meatballs in Tomato Sauce with Pasta**	Golden Fish Fingers <i>and Chips</i>
<b>Alternative Dish</b>	Macaroni Cheese (V)	Veggie Korma with Rice** 	Quorn roast <i>with Roast Potatoes and Gravy (V)</i>	Veggie Balls In Tomato Sauce with Pasta** (V) 	Quorn Dippers and Chips (V)
<b>Third Choice</b>	Cheese Roll With Salad, Fresh Fruit, and Yoghurt or Dessert of the Day	Ham Wrap With Salad, Fresh Fruit, and Yoghurt or Dessert of the Day	Tuna Mayo Roll With Salad, Fresh Fruit, and Yoghurt or Dessert of the Day	Cheese Wrap With Salad, Fresh Fruit, and Yoghurt or Dessert of the Day	Ham Roll With Salad, Fresh Fruit, and Yoghurt or Dessert of the Day
<b>Salads</b>	A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot, Coleslaw				
<b>Jacket Potato</b>	Jacket Potato With A Choice Of Fillings Cheese or Baked Beans 				
<b>Vegetables</b>	Peas Carrots	Sweetcorn Broccoli	Carrots Cabbage	Green Beans Sweetcorn	Baked Beans Peas
<b>Desserts</b>	Strawberry Ice Cream	Orange Shortbread* with Fruit Slices	Oatie Biscuit with Fruit Slices*	Chocolate Sponge Cake	Cheese & Biscuits Soft Cheese Portion
Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily *Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian					

