

The Belham Primary School

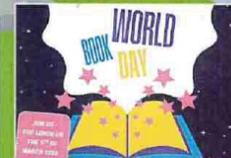
WEEKLY MENU

WEEK 1
WEEK 2
WEEK 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 	Jerk Chicken Curry	Chicken Noodles (E, SO, G/W)	Roast Chicken & Gravy	Quorn & Vegetable Curry (E)	Fish Fingers or Salmon Fishcake & Chips (F, G/B*, W)
VEGGIE 	Sweet Potato, Chickpea & Coconut Curry (CE, G/B, O, R, W)	Quorn & Vegetable Noodles (E, SO, G/W)	Roasted Root Vegetable Pie & Gravy (CE, G/W)	Vegetable & Lentil Keema (CE, G/B, O, R, W)	Vegan Nuggets & Chips (G/W)
SIDES 	Rice & Peas with Green Beans (CE)	Broccoli & Sweetcorn	Roasted Carrots & Parsnips	Steamed Rice & Green Beans	Baked Beans & Peas
PASTA & JACKET 	Vegan Roasted Vegetable Pasta (G/W)	Jacket Potato & Salad	Tomato & Basil Pasta (CE, G/W)	Jacket Potato & Salad	Mac & Cheese (MK, G/W)
PUD 	Banana Cake & Custard (E, MK, SO*, G/W)	Homemade Chocolate Cookie (E, MK, SO*, G/W)	Apple Crumble & Custard (MK, G/W)	Carrot Cake (E, MK, SO*, G/B, O, W)	Iced Vanilla Sponge with Custard (E, MK, SO*, G/W)

THEME DAYS



DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT

DATES

05 JAN / 26 JAN
23 FEB / 16 MAR /

ALLERGENS

CE = CELERY F = FISH G/O = OATS L = LUPIN MU = MUSTARD SO = SOYA * = MAY CONTAIN
CR = CRUSTACEAN G = GLUTEN G/R = RYE MK = MILK N = NUTS SU = SULPHUR V = VEGAN
E = EGGS G/B = BARLEY G/W = WHEAT MO = MOLLUSCS P = PEANUTS SE = SESAME SEEDS S = SEASONAL VEG



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WEEKLY MENU

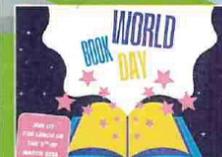
WEEK 1
WEEK 2
WEEK 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 	Creamy Pesto Pasta (MK, G/W)	Mexican Chicken	Butcher's Sausage with Mashed Potato & Gravy (MK, SO, SU, G/W)	Chicken Kebab with Pitta (G/W)	Battered Fish & Chips (F, G/B*, W)
VEGGIE 	Vegetable & Lentil Spaghetti Bolognese (G/B*, W) V S	Mexican Quorn & Veggies (CE, E, MU, SO*, G/B, O*, R*, W*)	Veggie Sausage with Mashed Potato & Gravy (MK, G/W)	Vegetable Kebab with Pitta (G/W) V	Margherita Pizza & Chips (MK, G/W)
SIDES 	Mixed Green Salad & Coleslaw (E)	Steamed Rice & Green Beans V	Roasted Carrots & Parsnips V S	Homemade Potato Wedges & Green Salad V	Beans or Peas V
PASTA & JACKET 	Vegan Roasted Vegetable Pasta (G/W) V	Jacket Potato & Salad	Tomato & Basil Pasta (CE, G/W) V	Jacket Potato & Salad	Mac & Cheese (MK, G/W)
PUD 	Vanilla Shortbread Biscuit (G/W) V	Iced Vanilla Sponge (E, MK, SO*, G/W)	Chocolate & Orange Brownie (E, MK, SO, G/B, W)	Yoghurt (MK)	Cinnamon Swirl (G/W) V

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT

THEME DAYS



DATES

12 JAN / 02 FEB
02 MAR / 23 MAR /

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WEEKLY MENU

WEEK 1
WEEK 2
WEEK 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 	BBQ Glazed Chicken Wrap (G/W)	Beef Bolognese Pasta Bake (G/B*, W)	Chicken Pie with Gravy (MK, G/B, W)	Chicken Kebab with Pitta (G/W)	Battered Fish & Chips (F, G/B*, W)
VEGGIE 	BBQ Glazed Quorn Wrap & Wedges (E, G/W)	Mac & Cheese (MK, G/W)	Roasted Root Vegetable Pie with Gravy (CE, G/W)	Vegetable Kebab with Pitta (G/W)	Veggie Sausage Roll & Chips (MK*, SO, G/B*, O*, W)
SIDES 	Carrots & Green Beans	Mixed Green Salad	Rustic Roast Potatoes with Roasted Carrots & Parsnips	Homemade Potato Wedges & Green Salad	Beans or Peas
PASTA & JACKET 	Vegan Roasted Vegetable Pasta (G/W)	Jacket Potato & Salad	Tomato & Basil Pasta (CE, G/W)	Jacket Potato & Salad	Mac & Cheese (MK, G/W)
PUD 	Sprinkle Sponge Cake & Custard (E, MK, SO*, G/W)	Yoghurt (MK)	Lemon Drizzle Cake (E, MK, SO*, SU, G/W)	Yoghurt (MK)	Iced Vanilla Sponge with Custard (E, MK, SO*, G/W)

THEME DAYS

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT

DATES
19 JAN / 09 FEB
09 MAR /

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