

Week One

New Islington Free School

Primary Menu Week 1	'Green Earth Monday'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	Chicken & sweetcorn meatballs with a tomato sauce & pasta	Sausage & gravy	Roast of the Day (Chicken) with Stuffing & Gravy	Cheese & tomato pizza	Crispy Fish with Chips & Tomato Sauce
Vegetarian Main Meal Option 1	Veggie meat balls in a tomato sauce with pasta	Veggie sausage & gravy	Quorn Roast with Stuffing & Gravy	Cheese pizza	Fish finger wrap with mayo
Starch	pasta	Mash potato	Roast Potatoes	Baked wedges	Chips
Vegetable Selection	Green Beans Sweetcorn	Broccoli Roasted Vegetables	Cauliflower Seasonal Greens	Wok Bashed Vegetables Carrots/Mixed Salad	Baked Beans Garden Peas
Jacket Potato / sandwiches	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese or Baked Beans				
Dessert	Oaty biscuit	Apple flapjack	Strawberry ice cream	Watermelon & Pineapple Slices	Chocolate Cookie

Week Two

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Primary Menu Week 2	'Green Earth Monday'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	Tuna pasta bake	Toad in the hole with gravy	Roast of the Day (Turkey) with Yorkshire Pudding, Roast Potatoes & Gravy	Cheese & tomato pizza	Crispy Breaded Fish Fingers & Chips
Vegetarian Main Meal Option 1	Veggie pasta bake	Veggie toad in the hole & gravy	Quorn Roast with Yorkshire Pudding, Roast Potatoes & Gravy	Cheese pizza	Veggie Hot Dog with Onions & Chips
Starch	Herby Diced Potatoes	Mashed potato	Roast Potatoes	Baked Wedges	Chips
Vegetable Selection	Sweetcorn & Peppers Garden Peas	Green Beans Cauliflower	Carrots Broccoli	Broccoli Roasted Winter Vegetables	Baked Beans Garden Peas
Jacket Potato /sandwiches	Selection of sandwiches ham, cheese, tuna mayo				
Dessert	Oaty raisin cookie	Chocolate cake	Strawberry jelly	Lemon & blueberry Yoghurt Cake	Brownie



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Primary Menu Week 3	'Green Earth Monday'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	Cheese & tomato pasta bake	Sausage & gravy	Roast of the Day (Chicken) with Stuffing & Gravy	Cheese and tomato pizza	Classic Friday Fish & Chips with Tomato Sauce
Vegetarian Main Meal Option 1	Veggie pasta bake	Veggie sausage & gravy	Quorn Roast with Stuffing, & Gravy	Cheese and tomato pizza	Cheesy bean panini
Starch	Diced potatoes	Baked wedges	Mashed potatoes	Savoury Rice	Chips
Vegetable Selection	Mixed Vegetables	Green Beans Cauliflower	Wok Bashed Vegetables Carrots	Broccoli Sweetcorn	Baked Beans Garden Peas
Jacket Potato/ sandwiches	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese or Baked Beans				
Dessert	Chocolate shortbread	Carrot cake cookie	Frozen strawberry yoghurt	Apple crumble & custard	Lemon slice

