



Week One West Road Primary Winter Menu

Primary Menu Week 1	'Green Earth Monday'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Mexican Taco with Veggie Chili, Mixed Rice	Classic Pasta Bolognese	Roast Gammon with Stuffing & Gravy	Creamy Chicken Korma Curry & Mixed Rice	Crispy Fish burger & Tomato Sauce
VEGETARIAN CHOICE	Whole meal Margherita Pizza Slice	Veggie Mince Spaghetti Bolognese	Quorn Roast with Stuffing & Gravy	Mildly Spiced Sticky Korean Vegetables with Noodles	Crispy Veggie Burger with Tomato Sauce
VEGETABLES	Jacket Wedges Green Beans Sweetcorn	Steamed Broccoli Roasted Vegetables	Roast Potatoes Braised Cabbage	Stir Fried Vegetables Carrots	Chipped Potatoes Baked Beans Garden Pea
SANDWICHES	Tuna mayo	Cheese	Egg Mayo	Ham	Cheese
JACKET POTATOES	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese or Baked Beans				
DESSERT	Orange & Banana Traybake	Apple Flapjack	Tropical Crumble with Cream	Watermelon & Pineapple Slices	Chocolate Cookie

Available Daily: Salad Selection, Fresh Bread, Fresh Fruit & Yogurts

Menu Week Commencing

- 1st of November / 7th of March
- 22nd of November
- 13th of December
- 17th of January
- 7th of February



Week Two



West Road Primary Winter Menu

Primary Menu Week 2	'Green Earth Monday'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Whole meal Margherita Pizza	Cheesy Ham & Broccoli Spaghetti	Roast Chicken with Yorkshire Pudding, Gravy	Chicken & Sweetcorn Meatball Sub with Arrabiata Sauce	Crispy Breaded Fish Fingers & Tomato Sauce
Vegetarian Main Meal	Smoky Spiced Vegetable Stew with Mexican Rice	Chinese Vegetable Curry & Mixed Rice	Roast Veggie Balls with Yorkshire Pudding, Roast Potatoes & Gravy	Creamy Baked Macaroni Cheese	Veggie Hot Dog with Onions
Vegetable Selection	Sweetcorn & Peppers Garden Peas Herby Diced Potatoes Savory Rice	Green Beans Cauliflower Mixed Rice	Carrots Savoy Cabbage Roast Potatoes	Broccoli Roasted Winter Vegetables Jacket Wedges	Baked Beans Garden Peas Chipped Potatoes
Jacket potatoes	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese or Baked Beans				
Sandwiches	Tuna Mayo	Cheese	Egg Mayo	Ham	Cheese
Dessert	Oaty Raisin Cookies	Cinnamon Pear Upside Down Cake with Chocolate Drizzle	Jam Tart & Custard	Lemon & Blueberry Yoghurt Cake	Brownie

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

Week Commencing 8th November 29th November 03rd January 24th January 21st February 14th March





Week Three West Road Primary Winter Menu

Primary Menu Week 3	'Green Earth Monday'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Veggie Meatballs with a Mediterranean Tomato Sauce	Traditional Toad in the Hole with Gravy	Roast Turkey with Stuffing & Gravy	Mild Piri Piri Chicken & Lentil Bake served with mixed rice	Classic Friday Fish & Chips with Tomato Sauce
Vegetarian Main	Homemade Margherita Pizza	Autumn Vegetable Wholewheat Lasagna	Quorn Roast with Stuffing, & Gravy	Tomato, Basil & Courgette Pasta Bake	Mozzarella & Fresh Tomato Melt with Chips & Tomato Sauce
Vegetable Selection	Mixed Vegetables Garden Salad Jacket Wedges	Green Beans Cauliflower Mashed Potatoes	Mixed Vegetables Carrots Roast Potatoes'	Broccoli Sweetcorn Mixed Rice	Baked Beans Garden Peas Chipped Potatoes
Jacket Potato	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese or Baked Beans				
Sandwiches	Tuna Mayo	Cheese	Egg Mayo	Ham	Cheese
Dessert	Chocolate Shortbread	Carrot Cake Cookie	Peach Shortcake Bar & Custard	Watermelon & Pineapple Slices	Lemon Slice

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

Week Commencing 15th November 06th December 10th January 31st January 28th February 21st March

