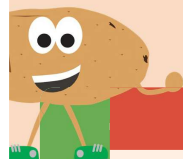


Homemade bread,
selection of seasonal
vegetables / fresh salad
and fresh fruits served
daily

Girlington Primary School

Wk 1 - 3rd Nov, 24th Nov,
15th Dec, 5th Jan, 26th Jan,
16th Feb, 9th Mar, 30th Mar
Wk 2 - 10th Nov, 1st Dec,
22nd Dec, 12th Jan, 2nd Feb,
23rd Feb, 16th Mar, 6th Apr
Wk 3 - 17th Nov, 8th Dec,
29th Dec, 19th Jan, 9th Feb,
2nd Mar, 23rd Mar, 13th Apr



WEEK 1

MON

Halal Chicken Breast Nuggets
(HMC Accredited Halal Chicken Breast lightly battered, served with Baked Jacket Wedges & optional Garlic Dip)

Spaghetti Marinara
(A Tomato and mildly spiced Sauce combined into cooked Spaghetti, topped with Cheese)

Assorted Jacket Potatoes /
Selection of Sandwiches

Strawberry Sponge & Custard
(Homemade, light Vanilla Sponge with a Strawberry Jam swirl, served with Custard)

TUES

Mexican Style Burrito
(Rice, Sweet Potato, Beans & Vegetables seasoned with Mexican spices & baked in a Tortilla wrap)

Garden Harvest Tikka & Rainbow Rice
(Indian inspired aromatic Vegetable Curry served with Rainbow Rice)

Assorted Jacket Potatoes /
Selection of Sandwiches /
 Hot Sub Roll

Pears & Ice Cream with Syrup
(Vanilla Ice Cream with Tinned Pear Slices with a Chocolate flavoured Syrup)

WED

Halal Roast Chicken Breast
(Red Tractor Accredited HMC Chicken Breast, served with Yorkshire Pudding, Roast Potatoes & Vegan Gravy)

Pasta Bolognaise
(A rich Tomato sauce with Soya Mince, Peppers and Herbs)

Assorted Jacket Potatoes /
Selection of Sandwiches /
 Hot Sub Roll

Fruity Flapjack
(A sweet Bar made with Oats, Golden Syrup & Butter with Fruit)

THUR

Classic Cheese & Tomato Pizza with Coleslaw & Salad
(Wholemeal 50/50 Base topped with a lightly spiced Sauce and topped with Mozzarella/Cheddar Cheese)

Lentil & Sweet Potato Curry
(Lentils & Sweet Potato cooked in a mild Curry Sauce & Coriander Served With Naan Bread)

Assorted Jacket Potatoes /
Selection of Sandwiches

Banana Muffins
(A fluffy Vanilla Sponge, with Bananas & drizzled with Icing)

FRI

Halal Keema & Peas
(Red Tractor Accredited HMC Beef Mince & Peas in a Spicy Pilau Rice)

Golden Cheese Whirl
(Cheese, Potato & Onion encase in Puff Pastry, served with baked Jacket Wedges)

Pomodoro Pasta
(A simple, delicious rich Tomato Sauce with Beans, served with Garlic Bread)

Assorted Jacket Potatoes /
Selection of Sandwiches /
 Hot Sub Roll

Chocolate Sponge & Chocolate Sauce
(Homemade, light Chocolate Sponge, served with Chocolate Sauce)

WEEK 2

MSC Battered Fish Fillet
(MSC Battered Fillet of Fish, served with Baked Jacket Wedges)

Vegetable Pakoras
(Mixed Vegetables & Onion coated in Tempura Batter, served with Baked Jacket Wedges & Raita)

Assorted Jacket Potatoes /
Selection of Sandwiches

Marble Sponge & Chocolate Sauce
(Homemade Sponge with hints of both Vanilla & Chocolate Cake, served with Chocolate Sauce)

Halal Beef & Red Lentil Bolognaise & Garlic Bread
(Red Tractor Accredited HMC Beef Mince in a rich Tomato, Herb & Garlic Sauce, served with Fusilli Pasta)

Pasta Bolognaise
(A rich Tomato sauce with Soya Mince, Peppers and Herbs)

Golden Cheese Flan
(Mature Cheddar Cheese & Egg Baked in a Pastry Case, served with Seasoned Potatoes)

Assorted Jacket Potatoes /
Selection of Sandwiches /
 Hot Sub Roll

Paris Sandwich
(A light, sweet Pastry with Jam sandwiched in between, served with Custard)

Halal Hot Chicken Melt
(Red Tractor Accredited HMC sliced Chicken Breast & Melted Cheese in a White part baked Roll)

Garden Harvest Tikka & Rainbow Rice
(Indian inspired aromatic Vegetable Curry served with Rainbow Rice)

Assorted Jacket Potatoes /
Selection of Sandwiches /
 Hot Sub Roll

Decorated Fruit Jelly
(Jelly with Fruit, topped with Fresh Cream)

Classic Cheese & Tomato Pizza with Coleslaw & Salad
(Wholemeal 50/50 Base topped with a lightly spiced Sauce and topped with Mozzarella/Cheddar Cheese)

Arrabiata Pasta
(Chilli Tomato Sauce with Lentils and Peppers, served with Pasta & Crusty Bread)

Assorted Jacket Potatoes /
Selection of Sandwiches

Gallydale Biscuits
(Homemade, crumbly, Oaty Biscuit)

Halal Chicken Rogan Josh
(Red Tractor Accredited HMC diced Chicken in a Tomato based Curry Sauce with Pilau Rice or Naan Bread)

Pomodoro Pasta
(A simple, delicious rich Tomato Sauce with Beans, served with Garlic Bread)

Assorted Jacket Potatoes /
Selection of Sandwiches /
 Hot Sub Roll

Sprinkle Cake
(Homemade Vanilla Sponge, lightly topped with Water Icing and Sprinkles)

WEEK 3

MSC Breaded Fish Fillet Fingers
(MSC Fish Fillet Fingers, served with Seasoned Potatoes)

MSC Salmon & Sweet Potato Fishcake
(MSC Salmon & Sweet Potato, served with Seasoned Potatoes)

Bombay Biryani Special
(Curried Vegetables and Rice served with Naan Bread)

Assorted Jacket Potatoes /
Selection of Sandwiches

Chocolate Crispy Crunch
(A sweet Bar made from puffed Rice, Cocoa & Syrup)

Halal Creamy Chicken Pasta & Crusty Bread
(Red Tractor Accredited HMC diced Chicken in a homemade Creamy Sauce with Garlic, served with Penne Pasta)

Rainbow Jambalaya Jamboree
(Mildly spiced Rice with Peppers, Vegetables and Beans, served with Crusty Bread)

Assorted Jacket Potatoes /
Selection of Sandwiches /
 Hot Sub Roll

Vanilla Sponge
(Homemade, light Vanilla Sponge with a hint of Vanilla, served with Custard)

Halal Cottage Pie
(Red Tractor Accredited HMC Beef Mince in a Gravy with Onions, topped with Mashed Potatoes & Cheese served with Yorkshire Pudding & Gravy)

Golden Cheese Roll
(Cheese mix wrapped in puff pastry, served with Creamed Potatoes & Seasonal Vegetables)

Assorted Jacket Potatoes /
Selection of Sandwiches /
 Hot Sub Roll

Lemon Shortcake & Custard
(A rich shortbread finger with a hint of Lemon, served with Custard)

Classic Cheese & Tomato Pizza with Coleslaw & Salad
(Wholemeal 50/50 Base topped with a lightly spiced Sauce and topped with Mozzarella/Cheddar Cheese)

Arrabiata Pasta
(Chilli Tomato Sauce with Lentils and Peppers, served with Pasta & Crusty Bread)

Assorted Jacket Potatoes /
Selection of Sandwiches

Chocolate Sponge & Chocolate Sauce
(Homemade, light Chocolate Sponge, served with Chocolate Sauce)

Loaded Wedges with a Mild Mexican Halal Chilli
(Red Tractor Accredited HMC Beef Mince in a mild, homemade Chilli Sauce served on Baked Jacket Wedges)

Pomodoro Pasta
(A simple, delicious rich Tomato Sauce with Beans, served with Garlic Bread)

Assorted Jacket Potatoes /
Selection of Sandwiches /
 Hot Sub Roll

Peaches & Ice Cream with Syrup
(Vanilla Ice Cream with Tinned Peach Slices with a Chocolate flavoured Syrup)



the **food quarter**

FM SERVICES

For full allergen
& nutritional
information
head to our app

