



WIDECOMBE-IN-THE-MOOR
Primary School



School Lunch Menu

Week One

W/C — 7/9, 28/9, 19/10, 2/11, 23/11, 14/12

Monday

- ♦ Home Made Cheese & Tomato Pizza with Potato Wedges
- ♦ Baked Bean & Cheese Quesadilla
- Served with Sweetcorn or Coleslaw*
- ♦ Raspberry Yoghurt Cake

Tuesday

- ♦ Beef Bolognese with Pasta
- ♦ Mixed Bean Chilli with Wholemeal Rice
- Served with Broccoli or Veg Sticks*
- ♦ Berry Flapjack

Wednesday

- ♦ Roast Pork with Roast or Mashed Potatoes
- ♦ Cauliflower Cheese with Roast or Mashed Potato
- Served with Carrots or Cabbage*
- ♦ Peaches and Ice Cream

Thursday

- ♦ Chicken Tikka with Wholemeal Rice
- ♦ Tomato Pasta Bake
- Served with Cauliflower or Veg Sticks*
- ♦ Chocolate Cake and Custard

Friday

- ♦ Fish Fingers with Chips or Pasta
- ♦ Quorn Sausages with Chips or Pasta
- Served with Baked Beans or Peas*
- ♦ Home Made Biscuit and Milk

Week Two

W/C — 14/9, 5/10, 9/11, 30/11

Monday

- ♦ Macaroni Cheese
- ♦ Quorn & Vegetable Curry with Wholemeal Rice
- Served with Green Beans or Veg Sticks*
- ♦ Chocolate Shortbread

Tuesday

- ♦ Chicken and Vegetable Pie with Mashed Potato
- ♦ Lentil Shepherd's Pie
- Served with Peas or Sweetcorn*
- ♦ Apple and Carrot Muffin

Wednesday

- ♦ Roast Turkey with Roast or Mashed Potatoes
- ♦ Veggie Roast with Roast or Mashed Potatoes
- Served with Carrots or Broccoli*
- ♦ Apple Crumble and Custard

Thursday

- ♦ Beef Lasagne
- ♦ Cheese and Potato Bake
- Served with Coleslaw or Veg Sticks*
- ♦ Strawberry Angel Delight

Friday

- ♦ Battered Fish with Chips or Pasta
- ♦ Bean Burger with Chips or Pasta
- Served with Baked Beans or Peas*
- ♦ Home Made Biscuit and Milk

Week Three

W/C — 21/9, 12/10, 16/11, 7/12

Monday

- ♦ Beef Meatballs in a Tomato Sauce with Spaghetti
- ♦ Spanish Omelette (Sweetcorn, Peppers & Potato)
- Served with Sweetcorn or Veg Sticks*
- ♦ Chocolate Brownie

Tuesday

- ♦ Pork Sausage and Mash with Gravy
- ♦ Vegetable Sausage and Mash with Gravy
- Served with Broccoli or Carrots*
- ♦ Sticky Toffee Pudding with Custard

Wednesday

- ♦ Roast Chicken with Roast or Mashed Potatoes
- ♦ Bean and Lentil Loaf with Roast or Mashed Potato
- Served with Carrots or Green Beans*
- ♦ Fruit Jelly

Thursday

- ♦ Cottage Pie
- ♦ Quorn Bolognese with Spaghetti
- Served with Peas or Veg Sticks*
- ♦ Raspberry Ripple Cake

Friday

- ♦ Fish Fingers with Chips or Pasta
- ♦ Vegetable Nuggets with Chips or Pasta
- Served with Baked Beans or Peas*
- ♦ Home Made Biscuit and Milk

Jacket Potato with a choice of toppings available every day - Fresh Fruit and Yoghurt available every day