

Coundon Primary Catering Services Winter/Spring Menu

Coundon catering services are passionate about serving high quality, locally sourced ingredients in our meals. Our catering team have vast experience with the food service area and are constantly trying to improve and adapt our menus to keep them exciting and tasty for your child to enjoy. The team understand how important lunchtime decision is. You obviously want to ensure your child eats a nutritionally balanced meal and that it fuels the rest of their learning day. We aim to fulfil this desire. If your child is not having one of our school meals, why not let them have a try?

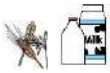
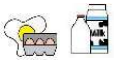
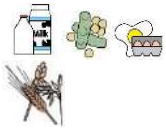
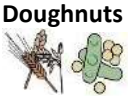
This menu is subject to change at short notice.

Week 1 – Week beginning: 16th November, 7th December, 11th January, 1st February, 1st March, 22nd March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choice 1	Pork Sausage or Pork Meatballs &Gravy	Breaded Pollock Fish	Roast Chicken, stuffing (H) with Gravy	Cheese & Tomato Pizza	Vinegar infused Fish & Lemon Wedges
Choice 2	Jacket Potato & Baked Beans or Cheese (H)	Ham Baguette & Salad (H) Or Wrap	Cheese Wrap & Salad/Egg Mayo (H)	Spaghetti Bolognese (H)	Vegetable Nuggets
Vegetarian choice	Vegan Quorn Sausage & Gravy	Veggie Samosa	Vegan Quorn Fillet	Vegetable Spring Roll	Vegan Quorn Balti/Tikka &Rice
Choice of potatoes	Mashed Potatoes	Herb diced Potatoes/Rice	Roast Potatoes	Rice or Seasoned Wedges	Oven Chips
Veg choice	Peas or Baked Beans	Peas and Side Salad	Carrots, Peas & Broccoli	Sweetcorn	Peas
Dessert	Shortbread	Assorted Muffins	Apple Crumble & Custard (H)	Ice Cream	Jelly and Fruit Cocktail - Assorted Flavours (H)(GF)
	Alternatives : Yogurt, Seasonal Fruit Platter, Rice Pudding or Cheese & Crackers				
Selection of Cold Juice, Milk & Milk Shake					

Children may help themselves to bread and salad from the Salad Cart.

Week 2 - Week beginning: 23rd November, 14th December, 18th January, 8th February, 8th March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choice 1	BBQ Chicken Wrap (H) 	Sausage roll or Veggie Roll 	Turkey Steak(H) with Stuffing 	Beef Cottage Pie / Lamb Shepherds Pie (H) 	Fishfingers 
Choice 2	Cheese & Onion Pasty or Roll 	Mild Chicken Balti & Naan Bread (H) 	Jacket Potato Cheese and Beans 	Veggie Pizza 	Jacket Potato & Baked Beans or Cheese (H) 
Vegetarian choice	Veggie Mince Bolognese (H), WG Pasta Bake 	Tuna or Egg Mayo Sandwich 	Quorn Korma and Rice (H) 	Cheese OR Egg Mayo Sandwich 	Folded Omelette 
Choice of Potatoes	Diced Potatoes	Mashed Potatoes 	Roast New Potatoes	Baked Wedges/ Corn on the Cob	Oven Chips
Veg choice	Sweetcorn & Coleslaw	Peas & Side Salad	Cauliflower cheese, Carrots, Peas and Green Beans 	Peas & Corn Mix	Peas
Dessert	Peaches/mandarins and Cream 	Raspberry Mousse Cake 	Lemon Sponge Roll or Chocolate Sponge & Custard 	Jam Doughnuts 	Cookie Oats & Lemon 
	Alternatives : Yogurt, Seasonal Fruit Platter, Rice Pudding or Cheese & Crackers				
Selection of Cold Juice, Milk & Milk Shake					

Children may help themselves to bread and salad from the Salad Cart.

Week 3 - Week beginning: 30th November, 4th January, 25th January, 22nd February, 15th March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choice 1	Pizza	Beef Lasagne or pasta (H)	Roast Chicken & Stuffing (H)	Beef Burger & Bun	Breaded Fish
Choice 2	Veggie Spring Rolls	Tuna Mayo, Cheese or Ham Sandwich	Jacket Potato Cheese and Beans	Chicken or Lamb Hotpot	Veg Samosa
Vegetarian choice	Quorn Korma (H) & Naan Bread and Rice	Vegan Quorn Dippers	Veggie Mince Pasta Bake (H)	Quorn burger	Tomato Pasta (H)
Choice of Potatoes	Wedges or Rice	New Baked Potatoes	Roast Potatoes	Waffles (GF)	Oven Chips
Veg choice	Sweetcorn & Coleslaw	Peas & Side Salad	Country Mixed Veg, Cauliflower Cheese	Sweetcorn & Side Salad	Peas
Dessert	Smoothies	Gingerbread Man	Fruit Crumble & Custard	Sweet Waffles and Squirty Cream	Oats & Lemon cookies
	Alternatives : Yogurt, Seasonal Fruit Platter, Rice Pudding or Cheese & Crackers				
Selection of Cold Juice, Milk & Milk Shake					

Children may help themselves to bread and salad from the Salad Cart.

(H) = Homemade

DISHES AND THEIR ALLERGEN CONTENT

