

Fox Primary School

Winter Menu 2020-2021

Week One

M E N U

MONDAY

Tomato and Carrot Soup

Spaghetti with
Veggie Mince

Aubergine and
Cannellini Bean
Caponta

Peas

Rice or Bulgur Wheat
Salad

Greek Salad
Fatoush Salad

Fruit Salad

TUESDAY

Pea and Potato
Soup

Veggie Lasagne

Carrots

Chapati Bread

Tomato and
Salsa Verdi

Cheese and Crackers

WEDNESDAY

Spiced Lentil and
Coconut Soup

Roast Chicken

Veggie Sausages

Roast Potatoes

Cabbage and Peas

Spinach and Chickpea
Salad

Yoghurt and Fruit
Sauce

THURSDAY

Broccoli and
Watercress Soup

Jacket Potatoes

Tuna, Mayonnaise
and Sweetcorn Filling

Baked Beans and
Cheese

Beetroot, Carrot and
Feta Salad

Banoffee

FRIDAY

Tomato and
Bean Soup

Baked Salmon
and Rice Salad

Mild Mixed Bean Chilli

Garden Peas

Roasted Vegetables

Apple Crumble and
Custard

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Week Two

MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tomato and Bean Soup	Pea and Broccoli Soup	Spiced Carrot Soup	Roasted Beetroot Soup	Watercress and Potato Soup
Pasta with Cream and Cheese	Curried Chicken	Pork Sausages	Macaroni Pasta Bake	Fish Fingers, Chips and Beans
Vegetable Bake with Polenta	Dahl	Veggie Sausages	Jacket Potatoes, Cheese and Beans	Courgette, Pepper and Mushroom Quiche
Steamed Broccoli	Steamed Rice and Cauliflower	Potato and Sweet Potato Mash	Peas	Caesar Salad
Pea, Mint and Feta	Chapati Bread	Carrots	Tomato, Mint and Onion Salad	Pasta Salad
Fresh Fruit Salad	Raita	Greek Salad	Sticky Toffee Pudding	Plain Yoghurt with blended Fresh Fruits
	Tabouleh Salad	Banoffee Pie with Fresh Cream		
	Carrot Cake			

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 Week Three

M E N U

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spiced Lentils Soup	Pea and Potato Soup	Mixed Bean Soup	Tomato and Carrot Soup	Mixed Bean Soup
Vegetable Moussaka	Coconut Chicken Curry	Veggie Shepherd's Pie with Gravy	Pasta with Tomato Sauce	Fish Fingers, Chips and Beans
Sweetcorn	Dahl	Garden Peas	Moroccan Vegetable Stew	Courgette, Pepper and Mushroom Quiche
Tuna Nicoise Salad	Cauliflower and Potato Curry	Beetroot, Pear and Feta Salad	Broccoli	Peppers, Tomato and Feta Salad
Plain Yoghurt with Fruit Sauce	Rice	Apple Crumble and Custard	Couscous and Vegetable Salad	Sticky Toffee Pudding
	Raita		Cubes of Cheddar with sliced Apples and Crackers	
	Coleslaw			
	Frozen yoghurt or Fruit Sorbet			