

FOX PRIMARY SCHOOL WINTER MENU 2021-22

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the Day				
Meat/ Fish Main Course	Five Bean and Vegetable Chilli Jacket Potato Grated Cheddar Cheese	Chicken Curry	Cottage Pie	Chicken Teriyaki	Fish fingers
Vegetarian Main Course		Vegetable Biryani with Chickpeas	Vegetable and Lentil Pie	Stir Fried Vegetables with Quorn Pieces	Vegetarian Sausages
Carbohydrates		Turmeric Rice		Steamed Rice	Chips
Vegetables	Sweetcorn	Roasted Cauliflower	Green Beans and Peas	Steamed Carrots	Mushy Peas Baked Beans
Salad	Tuna Nicoise Salad	Tomato, Onion and Mint Salad Raita	Greek salad	Roasted Chickpea and Spinach salad	Avocado and Green Leaf Salad
Dessert	Yoghurt mixed with honey and fresh fruits	Vegan Chocolate Cake with Chocolate Sauce	Flapjacks	Pineapple drizzle cake	Fresh Fruit salad and Yoghurt

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the Day				
Meat/ Fish Main Course	Pumpkin, Lentil and Spinach Lasagne	Cheese and Tomato Baguette Pizza melts	Roast Chicken/ Roast Beef (alternate)	Chicken Tagine and Rice	Tuna Mayonnaise
Vegetarian Main Course			Vegetable Wellington	Vegetable and Sweet Potato Tagine with sweet potatoes	Baked Beans and Cheese
Carbohydrates		Sweetcorn	New Baby Potatoes	Steamed Rice	Jacket Potatoes
Vegetables	Steamed Vegetable medley	Rainbow Coleslaw	Steamed Carrots and Peas	Steamed Green Beans	
Salad	Quinoa and Roasted Vegetable salad with avocado mayonnaise	Bulgur Wheat and Five Bean Salad	Kale and Pepper Salad	Mixed Leaf Salad	Roasted Winter Vegetable Salad
Dessert	Yoghurt mixed with honey and fresh fruits	Chocolate Orange Sponge cake with Chocolate Custard	Cheddar Cheese and Crackers	Banoffee Pie	Fresh Fruit salad and Yoghurt

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the Day				
Meat/ Fish Main Course	Spaghetti with Vegetable Bolognese	Coconut Chicken Curry	Pork Sausages	Chicken Fajitas	Salmon Pesto Pasta
Vegetarian Main Course		Pumpkin and Plantain Curry	Vegetarian Sausages	Falafel Wraps	Healthy Green Pesto Pasta
Carbohydrates		Steamed Rice	Mashed Potato Baked Beans	Steamed Rice	
Vegetables		Steamed Green Beans	Garden Peas	Steamed Broccoli	Broccoli
Salad	Caesar Salad	Mango and Green Leaf Salad	Roasted Vegetable and Feta Salad	Kale, Fennel with Honey crisp Apple Salad	Green Lentil and Roasted Butternut Squash Salad
Dessert	Yoghurt mixed with honey and fresh fruits	Apple Crumble and Custard	Cheddar Cheese and Crackers	Sticky Toffee Pudding	Fresh Fruit salad and Yoghurt