

**FOX PRIMARY SCHOOL WINTER 2022 LUNCH MENU**

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
	Homemade soup, bread, fresh green salad and seasonal fruits available daily				
<b>Meat/ Fish Main Course</b>	Jacket Potatoes Tuna Mayonnaise Baked Beans Grated Cheddar Cheese	Chicken Curry	Homemade Creamy Leek and Mushroom Puff Pastry	Chicken Cacciatore	Fish fingers
<b>Vegetarian Main Course</b>		Coconut and Squash Dhansak		Lentil and Vegetable Pasta Sauce	Vegan Fishless Fingers
<b>Carbohydrates</b>		Turmeric Rice or Naan Bread		Wholemeal Penne Pasta	Chips
<b>Vegetables</b>		Roasted Cauliflower	Roasted Courgettes and Carrots	Steamed Carrots	Mushy Peas Baked Beans
<b>Salad</b>		Avocado and Tomato salad	Mango and Cucumber salad	Sweet Potato and Feta Cheese Salad	Risotto Salad
<b>Dessert</b>	Fruit Yoghurt	Vegan Jelly	Cheese and Crackers	Vegan Chocolate Cake with Chocolate sauce	Fruit Yoghurt

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup and bread</b>	Homemade soup, bread, fresh green salad and seasonal fruits available daily				
<b>Meat/ Fish Main Course</b>	Vegetable Bolognese	Roast Chicken with gravy  Vegetable Wellington  New Potatoes	Egg Frittata with Tomato and Spinach	Chicken Tagine	Baked Salmon Fillet
<b>Vegetarian Main Course</b>	Spaghetti		Vegetable and Lentil Loaf	Vegetable and Sweet Potato Tagine	Wholemeal Penne Pasta with Homemade Pesto
<b>Carbohydrates</b>			Potato Wedges	Mixed Jasmin and Brown Rice	
<b>Vegetables</b>	Sweetcorn	Cabbage, Peas and Carrots	Garden Peas	Green Beans	Broccoli
<b>Salad</b>	Nicoise Salad	Roasted Kale and Pepper Salad	Roasted Chickpea with Baby Spinach Salad	Tabouleh and Pomegranate Salad	Special Salad of the Week
<b>Dessert</b>	Fruit Yoghurt	Banoffee Pie	Cheese and Crackers	Apple Crumble and Custard	Fruit Yoghurt

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup and bread</b>	Homemade soup, bread, fresh green salad and seasonal fruits available daily				
<b>Meat/ Fish Main Course</b>	Miso Bean Spaghetti Bolognese	Beef Lasagne	Classic Toad in the Hole	Chicken Teriyaki	Fish fingers
<b>Vegetarian Main Course</b>		Vegetable Lasagne	Veggie Toad in the Hole	Mixed Vegetable Fried Rice	Vegan Fishless Fingers
<b>Carbohydrates</b>			Creamy Mashed Potato and Gravy	Egg Fried Rice	Chips
<b>Vegetables</b>	Sweetcorn	Steamed Green Beans	Carrots and Peas	Stir-fry vegetables	Mushy Peas Baked Beans
<b>Salad</b>	Cherry tomatoes, Basil and Mozzarella Salad	Tomato, Red Onion and Rocket Salad	Mushroom and Fennel Salad	Red Cabbage Salad	Special Salad of the Week
<b>Dessert</b>	Fruit Yoghurt	Sticky Toffee Pudding	Cheese and Crackers	Eve's Pudding	Fruit Yoghurt