

FOX PRIMARY SCHOOL SUMMER 2023 LUNCH MENU

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
	Homemade soup, bread, fresh green salad and seasonal fruits available daily				
Meat/ Fish Main Course	Jacket Potatoes Tuna Mayonnaise Grated Cheddar Cheese	Chilli con Carne	Roast Chicken	Cheesy Butternut Squash Wholemeal Pasta Bake	Fish fingers
Vegetarian Main Course		Falafels with Avocado & Orange Mayo	Vegetarian Sausages		Fishless Fingers
Carbohydrates		Fragrant Mediterranean Rice	New Baby Potatoes with Rosemary		Chips
Vegetables	Baked Beans	Green Beans	Cabbage, Peas and Carrots	Peas & Carrots	Mushy Peas Baked Beans
Salad	Roasted vegetable and Couscous salad	Mango and Cucumber salad	Fennel and Tomato salad	Tomato, Burrata and Broad Bean salad	Special Salad of the Week
Dessert	Fruit Yoghurt	Vegan Chocolate Cake	Fruit Yoghurt	Banana Cake	Fruit Yoghurt

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Soup and bread	Homemade soup, bread, fresh green salad and seasonal fruits available daily				
Meat/ Fish Main Course	Roasted Vegetable Biryani Coconut & Plantain Dhansak	Meat Lasagne		Chicken Tagine	Baked Salmon Fillet
Vegetarian Main Course		Vegetable Lasagne	Vegetarian Chilli	Vegetable and Sweet Potato Tagine	Wholemeal Penne Pasta with Homemade Pesto
Carbohydrates			Steamed Brown Rice	Mixed Jasmin and Brown Rice	
Vegetables	Sweetcorn	Garden Peas	Carrots	Green Beans	Broccoli
Salad	Kale & Bulgur Tabbouleh with yogurt dressing	Cauliflower rice & lentil sprouts salad	Avocado, Cucumber & Tomato Salad	Fattoush Salad	Special Salad of the Week
Dessert	Fruit Yoghurt	Fruit Yoghurt	Fruit Yoghurt	Cheddar Cheese & Crackers	Fruit Yoghurt

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Soup and bread	Homemade soup, bread, fresh green salad and seasonal fruits available daily				
Meat/ Fish Main Course	Roasted Tomato, Pumpkin and Cannellini Bean Gnocchi Bake	Chicken curry with Turmeric Rice	Chicken Teriyaki Tofu with Stir-fried Vegetables	Meatballs/Plantballs Wholemeal Spaghetti & Tomato Sauce	Fish fingers
Vegetarian Main Course		Allo Palak with Chickpeas			Fishless Fingers Courgette & Sweet Potato Fritters
Carbohydrates			Steamed Brown Rice		Chips
Vegetables	Sweetcorn	Roasted Cauliflower	Green Beans	Broccoli	Mushy Peas Baked Beans
Salad	Green Lentil Salad with Avocado mayo	Mango & Rocket Salad	Cold Soba Noodle Salad with a Ginger dressing	Cherry tomatoes, basil and Mozzarella Salad	Special Salad of the Week
Dessert	Fruit Yoghurt	Summer Fruit Crumble with Custard	Vegan Jelly	Sweet Potato Cake with a pineapple & orange drizzle	Fruit Yoghurt