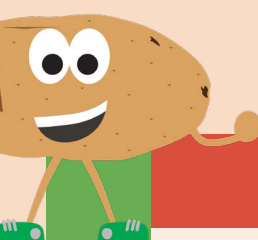


Homemade bread,
selection of seasonal
vegetables / fresh salad
and fresh fruits served
daily

Low Ash Primary School

Wk 1 - 3rd Nov, 24th Nov,
15th Dec, 5th Jan, 26th Jan,
16th Feb, 9th Mar, 30th Mar
Wk 2 - 10th Nov, 1st Dec,
22nd Dec, 12th Jan, 2nd Feb,
23rd Feb, 16th Mar, 6th Apr
Wk 3 - 17th Nov, 8th Dec,
29th Dec, 19th Jan, 9th Feb,
2nd Mar, 23rd Mar, 13th Apr



WEEK 1

WEEK 2

WEEK 3

MON

TUES

WED

THUR

FRI

**Southern Fried Chicken
Goujons & Garlic Mayo**
(Red Tractor Accredited pre fried
Breaded Chicken, served with Garlic
Mayonnaise & baked Jacket Wedges)

 **Halal Chicken
Breast Nuggets**
(HMC Accredited Halal Chicken
Breast lightly battered, served with
Baked Jacket Wedges & optional
Garlic Dip)

 **Spaghetti Marinara**
(A Tomato and mildly spiced
Sauce combined into cooked
Spaghetti, topped with Cheese)

Assorted Jacket Potatoes /
Selection of Sandwiches

 **Strawberry
Sponge & Custard**
(Homemade, light Vanilla
Sponge with a Strawberry
Jam swirl, served with
Custard)

**Chicken Tikka Masala with
Pilau Rice / Naan Bread**
(Red Tractor Accredited diced Chicken
& Chickpeas in a mild Curry Sauce
with Pilau Rice or Naan Bread)

 **Arrabiata Pasta**
(Chilli Tomato Sauce with
Lentils and Peppers, served
with Pasta & Crusty Bread)

 **Assorted Jacket Potatoes /
Selection of Sandwiches /
Hot Sub Roll**

 **Creamy Rice
Pudding with
Strawberry Jam**
(Creamy Milk pudding,
served with Jam)

Roast Meat Dinner
(Red Tractor Accredited Meat (either
Gammon, Turkey or Pork Loin) served
with Yorkshire Pudding, Roasties &
Gravy)

 **Halal Roast
Chicken Breast**
(Red Tractor Accredited HMC
Chicken Breast, served with
Yorkshire Pudding, Roast
Potatoes & Vegan Gravy)

 **Toad in the Hole**
(Quorn Sausage Baked in a
light Batter, served with Roast
Potatoes)

 **Assorted Jacket Potatoes /
Selection of Sandwiches /
Hot Sub Roll**

 **Fruity Flapjack**
(A sweet Bar made with
Oats, Golden Syrup &
Butter with Fruit)

**Mexican
Chicken Flatbread**
(Red Tractor Accredited diced Chicken
pieces & Peppers in a Tomato & Bean
Sauce, served on a Flat Bread with
Salad)

 **Golden Cheese Roll**
(Cheese mix wrapped in Puff
Pastry, served with Creamed
Potatoes & Seasonal
Vegetables)

 **Bombay
Biriyani Special**
(Curried Vegetables and Rice
served with Naan Bread)

 **Assorted Jacket Potatoes /
Selection of Sandwiches /
Hot Sub Roll**

 **Chocolate Sponge
& Chocolate Sauce**
(Homemade, light
Chocolate Sponge, served
with Chocolate Sauce)

 **Classic Cheese &
Tomato Pizza with
Coleslaw & Salad**
(Wholemeal 50/50 Base topped
with a lightly spiced Sauce and
topped with Mozzarella/Cheddar
Cheese)

 **Arrabiata Pasta**
(Chilli Tomato Sauce with
Lentils and Peppers, served
with Pasta & Crusty Bread)

Assorted Jacket Potatoes /
Selection of Sandwiches

 **Banana Muffins**
(A fluffy Vanilla Sponge,
with Bananas & drizzled
with Icing)

**MSC Battered
Fish Fillet**
(MSC Battered Fillet of Fish,
served with Baked Jacket Wedges)

 **Vegetable Pakoras**
(Mixed Vegetables & Onion
coated in Tempura Batter,
served with Baked Jacket
Wedges & Raita)

 **Arrabiata Pasta**
(Chilli Tomato Sauce with
Lentils and Peppers, served
with Pasta & Crusty Bread)

Assorted Jacket Potatoes /
Selection of Sandwiches

 **Marble Sponge &
Chocolate Sauce**
(Homemade Sponge with
hints of both Vanilla &
Chocolate Cake, served
with Chocolate Sauce)

**Creamy Chicken Pasta
& Crusty Bread**
(Red Tractor Accredited diced Chicken
in a homemade Creamy Sauce with
Garlic, served with Penne Pasta)

 **Vegetable Samosa**
(Vegetables with a light Spice
encased in Pastry & Baked,
served with Raita)

 **BBQ Quorn Pasta**
(Quorn Pieces in a Barbeque
flavoured Tomato Sauce, served
with Wholemeal Pasta)

 **Assorted Jacket Potatoes /
Selection of Sandwiches /
Hot Sub Roll**

 **Butterfly Buns**
(Individual decorated
Sponge-based Dessert)

Roast Meat Dinner
(Red Tractor Accredited Meat (either
Gammon, Turkey or Pork Loin) served
with Yorkshire Pudding, Roasties &
Gravy)

 **Halal Roast
Chicken Breast**
(Red Tractor Accredited HMC
Chicken Breast, served with
Yorkshire Pudding, Roast
Potatoes & Vegan Gravy)

 **Hearty Shepherd's Pie**
(Soya Mince, Veg and Gravy
filling, topped with Mashed
Potato)

 **Assorted Jacket Potatoes /
Selection of Sandwiches /
Hot Sub Roll**

 **Apple Cake**
(Baked Vanilla Sponge with
blended Apples & topped
with Icing Sugar)

**Beef & Red Lentil
Bolognese & Garlic Bread**
(Red Tractor Accredited Beef Mince &
Lentils in a Tomato Sauce served with
Pasta & Garlic Bread)

 **Halal Keema Biriyani**
(Red Tractor Accredited HMC
Beef Mince & Peas in a Spicy
Pilau Rice)

 **Pomodoro Pasta**
(A simple, delicious rich Tomato
Sauce with Beans, served with
Garlic Bread)

 **Assorted Jacket Potatoes /
Selection of Sandwiches /
Hot Sub Roll**

 **Decorated
Fruit Jelly**
(Jelly with Fruit, topped
with Fresh Cream)

 **Classic Cheese &
Tomato Pizza with
Coleslaw & Salad**
(Wholemeal 50/50 Base
topped with a lightly spiced Sauce
and topped with Mozzarella/Cheddar
Cheese)

 **Spaghetti Marinara**
(A Tomato and mildly spiced Sauce
combined into cooked Spaghetti,
topped with Cheese)

Assorted Jacket Potatoes /
Selection of Sandwiches

 **Gallydale Biscuits**
(Homemade, crumbly,
Oaty Biscuit)

**MSC Breaded Fish
Fillet Fingers**
(MSC Fish Fillet Fingers, served with
Seasoned Potatoes)

**MSC Salmon &
Sweet Potato Fishcake**
(MSC Salmon & Sweet Potato, served
with Seasoned Potatoes)

 **American Style
Quorn Hot Dog**
(Quorn Sausage, served in a
White Bun with Seasoned
Potatoes)

Assorted Jacket Potatoes /
Selection of Sandwiches

 **Chocolate
Crispy Crunch**
(A sweet Bar made from
puffed Rice, Cocoa & Syrup)

Traditional Chicken Pie
(Red Tractor Accredited diced Chicken
Pieces in a rich Gravy with
Vegetables, topped with a Golden
Pastry Lid served with Potatoes)

 **Halal Chicken Bhuna**
(Red Tractor Accredited HMC
Chicken stir fried and slow
cooked in a spicy Bhuna Masala)

 **Golden Cheese Whirl**
(Cheese, Potato & Onion
encase in Puff Pastry, served
with baked Jacket Wedges)

 **Assorted Jacket Potatoes /
Selection of Sandwiches /
Hot Sub Roll**

 **Vanilla Sponge**
(Homemade, light Vanilla
Sponge with a hint of
Vanilla, served with Custard)

**Sausage in Gravy with
Yorkshire Pudding**
(Red Tractor Accredited Sausage,
served with Yorkshire Pudding)

 **Halal Cottage Pie**
(Red Tractor Accredited HMC
Beef Mince in a Gravy with
Onions, topped with Mashed
Potatoes & Cheese served with
Yorkshire Pudding & Gravy)

 **Savoury Mince
topped Tatties**
(Soya Mince, Vegetables &
Potatoes, served with a Yorkshire
Pudding)

 **Assorted Jacket Potatoes /
Selection of Sandwiches /
Hot Sub Roll**

 **Sprinkle Cake**
(Homemade Vanilla
Sponge, lightly topped with
Water Icing and Sprinkles)

**Loaded Wedges with a
Mild Mexican Chilli &
topping**
(Red Tractor Accredited Beef Mince in
a mild, homemade Chilli Sauce, served
on Baked Jacket Wedges)

 **Loaded Wedges with a
mild Mexican Veg Chilli**
(Vegan Mince in a mild, homemade
Chilli Sauce, served on Baked
Jacket Wedges with toppings)

 **Mascarpone Pasta**
(A Creamy Sauce with Tomatoes,
Mascarpone Cheese and Herbs,
served with Crusty Bread)

 **Assorted Jacket Potatoes /
Selection of Sandwiches /
Hot Sub Roll**

 **Swedish Apple**
(A fluffy Vanilla Sponge, with
Apples, Cinnamon & Oats,
served with Custard)

 **Classic Cheese &
Tomato Pizza with
Coleslaw & Salad**
(Wholemeal 50/50 Base topped with
a lightly spiced Sauce and topped
with Mozzarella/Cheddar Cheese)

 **Arrabiata Pasta**
(Chilli Tomato Sauce with
Lentils and Peppers, served
with Pasta & Crusty Bread)

Assorted Jacket Potatoes /
Selection of Sandwiches

 **Chocolate Sponge
& Chocolate Sauce**
(Homemade, light
Chocolate Sponge, served
with Chocolate Sauce)



the **food quarter**
FM SERVICES

For full allergen
& nutritional
information
head to our app

