
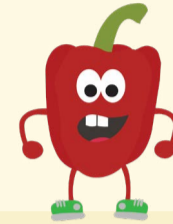
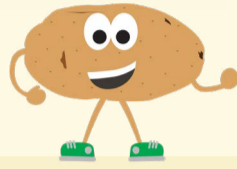


Week 1: 13th Apr, 4th May,
25th May, 15th Jun, 6th Jul,
27th Jul, 17th Aug, 7th Sep,
28th Sep, 19th Oct

 **Homemade Bread,**
selection of seasonal
Vegetables / fresh Salad &
fresh Fruit served daily.

Selection of cold
Sandwiches served daily.

Low Ash Primary School Menu



Mon

ProVeg Beef & Red Lentil Bolognese & Garlic Bread
Red Tractor accredited Beef Mince & Lentils in a Tomato & Vegetable Sauce, served with Pasta & Garlic Bread.

 **Soya Mince Chilli with Rice & Nachos**
Soya Mince in a spicy Tomato Sauce, served with Rice & Nachos.

 **American-style Quorn Hot Dog**
Quorn Sausage served in a Bun, with Seasoned Potatoes.

Assorted Jacket Potatoes / Selection of Sandwiches


 **Lemon Shortcake & Custard**
A rich Shortbread finger with a hint of Lemon, served with Custard.


Tue

Pork & Apple Whirl
Red Tractor Accredited Sausage Meat and Apples, encased in Pastry.

 **Halal Chicken & Spinach**
Red Tractor Accredited HMC diced Chicken & Spinach in a Tomato based Curry Sauce, served with Pilau Rice / Naan Bread.

 **Pomodoro Pasta**
A simple, delicious, rich Tomato Sauce with Beans, served with Crusty Bread.

Selection of Sandwiches /
 **Hot Sub Roll**


 **Sprinkle Cake**
Homemade - reduced sugar - Vanilla Sponge, lightly topped with water Icing and Sprinkles.

Wed

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

 **Halal Roast Chicken Breast**
Red Tractor accredited HMC Chicken Breast, served with Yorkshire Pudding, Roast Potatoes & Vegan Gravy.

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

Selection of Sandwiches /
 **Hot Sub Roll**

 **Decorated Fruit Jelly**
Jelly with Fruit, topped with Fresh Cream.


Thu

MSC Breaded Fish Fillet Fingers
MSC Fish Fillet Fingers, served with Chips / Jacket Wedges.


MSC Salmon & Sweet Potato Fishcake
MSC Salmon & Sweet Potato, served with Chips / Jacket Wedges.

 **Arrabiata Pasta**
Chilli Tomato Sauce with Lentils & Peppers, served with Pasta & Crusty Bread.

Assorted Jacket Potatoes / Selection of Sandwiches

 **Chocolate Sponge & Chocolate Sauce**
Homemade, light Chocolate Sponge, served with Chocolate Sauce.

Fri

 **Classic Cheese & Tomato Pizza**
Wholemeal 50/50 base, topped with a lightly spiced Sauce and topped with Mozzarella / Cheddar Cheese, served with Chips / Jacket Wedges.

 **Baked Tortilla Wrap with Julienne of Veg**
Vegetables in a Sauce, topped with Cheese in a Tortilla wrap. Served hot with Chips / Jacket Wedges.

Assorted Jacket Potatoes / Selection of Sandwiches

 **Vanilla Cookie**
Custard flavoured Cookie.




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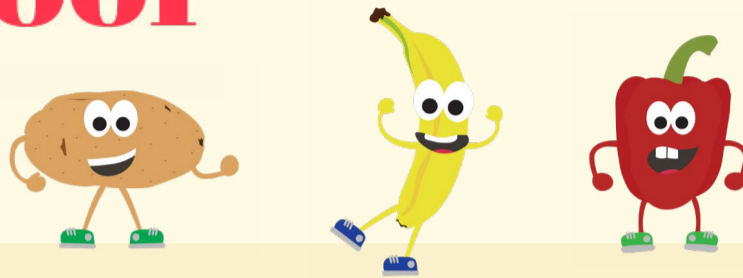
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Week 2: 20th Apr, 11th May,
1st Jun, 22nd Jun, 13th Jul,
3rd Aug, 24th Aug, 14th Sep,
5th Oct, 26th Oct

 **Homemade Bread,**
selection of seasonal
Vegetables / fresh Salad &
fresh Fruit served daily.

Selection of cold
Sandwiches served daily.

Low Ash Primary School Menu




Mon

 **ProVeg Halal Mild
Chicken Curry**
Indian inspired
aromatic Red Tractor
Halal Chicken, Sweet
Potato & Vegetable
Curry, served with
Rainbow Rice.

 **Mascarpone
Pasta**
A creamy Sauce
with Tomatoes,
Mascarpone Cheese
and Herbs, served
with Crusty Bread.

**Assorted
Jacket
Potatoes /
Selection of
Sandwiches**

 **Paris Sandwich**
A light, sweet
Pastry with Jam,
sandwiched in
between, served with
Custard.

Tue

 **Homemade
Cheese & Onion
Pasty**
Creamed Potatoes
with Cheese &
Onions encased in
Pastry.

 **Super
Savoury Roll**
Flakey Puff Pastry
with a seasoned
filling, served with
Seasoned Potatoes.


 **Homemade BBQ
Quorn with Rice**
Quorn Pieces in a
Barbeque flavoured
Tomato Sauce, served
with Rainbow Rice.

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

 **Peaches & Ice
Cream with Syrup**
Vanilla Ice Cream
with Tinned Peach
Slices, with a
Chocolate flavoured
Syrup.


Wed

Roast Meat Dinner
Red Tractor Accredited
Meat (either Gammon,
Turkey or Pork Loin)
served with Yorkshire
Pudding, Roast
Potatoes, Seasonal Veg
& 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**

 **Lemon Drizzle**
A fluffy Lemon
Sponge with Icing
Drizzle, served with
optional Custard.

Thu

**Beef Burger
in a Bun**
Red Tractor
Accredited Beef &
Spinach Burger,
served in a Bun with
Chips / Baked Potato
Wedges.

 **Halal Chicken
Burger in a Bun**
Red Tractor
accredited HMC
Chicken Burger,
served in a Bread Roll
with Salad and Chips
/ Jacket Wedges.


 **Pomodoro Pasta**
A simple, delicious,
rich Tomato Sauce
with Beans, served
with 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.


Fri

**Tuna &
Sweetcorn Pizza**
Wholemeal 50/50 base,
topped with a lightly
spiced Sauce and topped
with Mozzarella /
Cheddar Cheese & Tuna,
served with Chips /
Jacket Wedges.

 **Classic Cheese &
Tomato Pizza**
Wholemeal 50/50 base,
topped with a
lightly spiced Sauce
and topped with
Mozzarella / Cheddar
Cheese, served with
Chips / Jacket Wedges.

 **Arrabiata Pasta**
Chilli Tomato Sauce
with Lentils & Peppers,
served with Pasta &
Crusty Bread.

**Assorted
Jacket
Potatoes /
Selection of
Sandwiches**

 **Gallydale Biscuits**
Homemade, crumbly,
Oaty Biscuit.




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Week 3: 27th Apr, 18th May,
8th Jun, 29th Jun, 20th Jul,
10th Aug, 31st Aug, 21st Sep,
12th Oct, 2nd Nov

 **Homemade Bread,**
selection of seasonal
Vegetables / fresh Salad &
fresh Fruit served daily.

Selection of cold
Sandwiches served daily.

Low Ash Primary School Menu



Mon

ProVeg Rich & Creamy Meat Lasagne
Red Tractor Accredited Beef Mince in a rich Tomato Sauce with Vegetables, Herbs & Garlic, layered with Pasta Sheets & a Creamy Cheese Sauce, served with Garlic Bread.

 **Rich & Creamy Vegetarian Mince Lasagne**
Soya Mince & Vegetables in a rich Tomato Sauce with Vegetables, Herbs & Garlic, layered with Pasta Sheets & a Creamy Cheese Sauce, served with Garlic Bread.


 **Homemade BBQ Quorn with Rice**
Quorn Pieces in a Barbeque flavoured Tomato Sauce, served with Rainbow Rice.

Assorted Jacket Potatoes / Selection of Sandwiches

 **Flapjack**
A sweet Bar made with Oats, Golden Syrup & Butter.

Tue

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 Keema & Peas**
Red Tractor Accredited HMC Beef Mince & Peas, served with Spicy Pilau Rice.


 **Golden Cheese Whirl**
Cheese, Potato & Onion, encased in Puff Pastry, served with Seasoned Potatoes.

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

 **Strawberry Sponge & Custard**
Homemade, light Vanilla Sponge with a Strawberry Jam Swirl, served with Custard.

Wed

Sausage Pie
Red Tractor Accredited Sausage in Gravy, topped with Cheesy Mashed Potatoes, served with Yorkshire Pudding.

 **Halal Roast Chicken Breast**
Red Tractor accredited HMC Chicken Breast, served with Yorkshire Pudding, Roast Potatoes & Vegan Gravy.

 **Quorn Roast Dinner**
Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Vegan Gravy.


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

 **Pears & Ice Cream with Syrup**
Vanilla Ice Cream with Tinned Pear Slices, with a Chocolate flavoured Syrup.


Thu

MSC Breaded Fish Fillet Fingers
MSC Fish Fillet Fingers, served with Chips / Jacket Wedges.


 **Vegetable Pakoras**
Mixed Vegetables & Onion coated in Tempura Batter, served with Chips / baked Jacket Wedges & Riata.


 **Neapolitan Pasta**
Seasonal Veg, Beans & Herbs cooked and blended into a rich Tomato Sauce, served with Pasta.

Assorted Jacket Potatoes / Selection of Sandwiches

 **Chocolate Sponge & Chocolate Sauce**
Homemade, light Chocolate Sponge, served with Chocolate Sauce.

Fri

 **Classic Cheese & Tomato Pizza**
Wholemeal 50/50 base, topped with a lightly spiced Sauce and topped with Mozzarella / Cheddar Cheese, served with Chips / Jacket Wedges.

 **ProVeg Indian-style Sausage Rolls**
Puff Pastry with a Vegan Filling, served with Chips / Jacket Wedges.

Assorted Jacket Potatoes / Selection of Sandwiches

 **Butterfly Buns**
Individual, decorated Sponge-based Dessert.



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