# Low Ash Primary School

# Menu

Week 1: 2nd Nov, 23rd Nov, 14th Dec, 4th Jan, 25th Jan, 15th Feb, 8th Mar, 29th Mar

Homemade bread, selection of seasonal vegetables / fresh salad & fresh fruit served daily





## Mon

**Sweet Chilli Chicken Noodles**
Soft noodles with sweet chilli sauce and Red Tractor assured chicken pieces.

**Halal Sweet Chilli Chicken Noodles**
Soft noodles with sweet chilli sauce and Red Tractor assured HMC chicken pieces.

**Rainbow Vegetable Noodles**
Noodles coated in a sweet glaze with bright, colourful vegetables.

**BBQ Quorn & Rice Pot**
Succulent Quorn pieces coated in a smoky BBQ sauce, paired with perfectly cooked rice for a satisfying meal.

**Jacket Potato / Assorted Sandwiches**

**Pears & Chocolate Custard**
Tender pears paired with a rich, chocolate-infused custard for a decadent treat.



## Tue

**Homemade Meat Lasagne & Garlic Bread**
A classic homemade Red Tractor beef lasagne with pasta, rich tomato sauce and cheese, served with garlic bread.

**Halal Pasta Bolognaise & Garlic Bread**
Pasta in a rich beef sauce with garlic bread, made with Red Tractor assured HMC beef.

**Loaded Wedges with a mild Veggie Mince Chilli**
Crispy wedges topped with mild veggie chilli and tasty toppings.

**Spinach, Sweet Potato Lentil Dhal**
This mildly spiced dish with sweet potatoes, spinach, and little lentils cooked together into a smooth, comforting stew.

**Jacket Potato / Assorted Sandwiches**

**Berry Blondie**
A soft, sweet square bursting with colourful berries in every bite.



## Wed

**Roast Meat of the Day**
Oven-roasted meat served with gravy, made with Red Tractor assured meat.

**Halal Roast Chicken**
Succulent Red Tractor HMC roast chicken served with gravy.

**Arrabiata Pasta Pot**
Pasta in a bold, spicy tomato & lentil sauce with a hint of chilli for a warming kick.

**Jacket Potato / Ham Sandwich / Egg Mayonnaise Sandwich**

**Lemon Swirl Sponge & Custard**
Soft sponge with zesty lemon swirl and smooth custard.



## Thu

**MSC Fish Finger Butty**
Crunchy fish fingers in a soft wholemeal bread roll, made with MSC-certified fish.

**MSC Salmon & Sweet Potato Fishcake**
MSC salmon and sweet potato coated in breadcrumbs.

**Golden Nuggets**
A blend of vegetables and potato coated in breadcrumbs.

**Jacket Potato / Assorted Sandwiches**

**Fruit Jelly**
Wobbly fruity jelly that's cool and refreshing.



## Fri

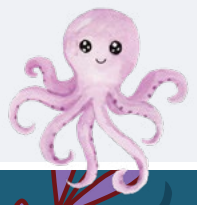
**Wholemeal Margherita Pizza**
A wholemeal pizza topped with melty cheese and tomato.

**Wholemeal Cheese & Mushroom Pizza**
A wholemeal pizza topped with melty cheese, tomato and mushrooms.

**Golden Cheese Flan**
Mature cheddar cheese and egg baked in a pastry case.

**Jacket Potato / Assorted Sandwiches**

**Pancake & Toffee Sauce**
A fluffy pancake drizzled with sweet, sticky toffee sauce.





VEGETARIAN VEGAN HALAL

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City of BRADFORD METROPOLITAN DISTRICT COUNCIL

# Low Ash Primary School

## Menu

**Week 2: 9th Nov, 30th Nov, 21st Dec, 11th Jan, 1st Feb, 22nd Feb, 15th Mar, 5th Apr**

**Homemade bread, selection of seasonal vegetables / fresh salad & fresh fruit served daily**





### Mon

**Pasta with a Rustic Vegetable Sauce**
Pasta mixed with hidden tasty vegetables in a tomato sauce.

**Stuffed Ravioli in a Sauce**
Pasta parcels filled with vegetables.

**Quorn Powerball Rice Pot**
Tender Quorn meatballs in a rich tomato sauce, served with fluffy seasoned rice for a comforting, plant-based classic.

**Jacket Potato / Assorted Sandwiches**

**Strawberry Ice Cream & Berry Crunch Sundae**
Strawberry ice cream with berries and a crunchy topping.



### Tue

**Chicken Tikka Pitta Bread**
Tender Red Tractor chicken in a mild tikka sauce tucked into a warm pitta.

**Halal Chicken Tikka Pitta Bread**
Tender Red Tractor HMC chicken in a mild tikka sauce tucked into a warm pitta.

**Soya Mince Keema & Peas**
Plant-based mince in a flavour-packed curry sauce!

**Jacket Potato / Assorted Sandwiches**

**Rice Pudding with mixed Berry Compote**
Creamy rice pudding topped with a tangy mixed berry compote for a balanced sweetness.



### Wed

**Sausages & Mash**
Red Tractor reduced fat sausages served with creamy mashed potatoes.

**Halal Chicken Sub**
Warm sub roll filled with tasty Red Tractor assured HMC chicken.

**British Quorn Sausage & Mash**
Quorn sausage served with creamy mash potatoes.

**Jacket Potato / Assorted Sandwiches**

**Chocolate Sponge & Pink Custard**
Soft, fluffy chocolate sponge topped with smooth, sweet pink custard - a warm and comforting classic treat.



### Thu

**MSC Battered Fillet of Fish**
Golden battered fish fillet, made with MSC-certified fish.

**Old School Cheesy Bean Pasta Bake**
Pasta with beans and melted cheese.

**Jacket Potato / Assorted Sandwiches**

**Mixed Fruit Salad**
A refreshing medley of seasonal fruits, freshly prepared for a naturally sweet treat.



### Fri

**Wholemeal Margherita Pizza**
A wholemeal pizza topped with melty cheese and tomato.

**Fusilli Pasta in Pomodoro Sauce**
Wholegrain fusilli pasta in a light, tomato based Pomodoro sauce.

**Jacket Potato / Assorted Sandwiches**

**Mud Pudding**
A gooey chocolate pudding that looks like mud but tastes like magic.





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Week 3: 16th Nov, 7th Dec, 28th Dec, 18th Jan, 8th Feb, 1st Mar, 22nd Mar

Homemade bread, selection of seasonal vegetables / fresh salad & fresh fruit served daily

## Menu



### Mon

**Chicken Tinga with Peppers Taco**
Red Tractor assured shredded chicken with peppers in a soft taco.

**Halal Chicken Tinga Peppers Taco**
Red Tractor assured shredded HMC chicken with peppers in a soft taco.

**Soya & Red Lentil Bolognaise Pot**
A hearty plant-based twist on a classic, with soya and red lentils in a rich, savoury tomato sauce.

**Jacket Potato / Assorted Sandwiches**

**Banana Custard**
Sweet bananas served with smooth, creamy custard for a comforting dessert.



### Tue

**Beef & Spinach Burger in a Soft Bun**
Red Tractor beef burger with hidden spinach, served in a soft bun.

**Halal Lamb Burger**
A delicious Red Tractor assured HMC lamb burger in a soft bun.

**New York Burger**
A planet-friendly plant-powered patty served in a soft bun.

**Jacket Potato / Assorted Sandwiches**

**Homemade Classic Plain Scone with Jam**
A fluffy scone topped with jam so sweet it could make s strawberry blush.



### Wed

**Mild Chicken Curry with Fluffy Rice**
Red Tractor chicken in a creamy, mild sauce served with fluffy yellow rice.

**Halal Mild Chicken Curry with Fluffy Rice**
Red Tractor HMC chicken in a creamy, mild sauce served with fluffy yellow rice.

**Super Savoury Roll**
Planet-friendly sausage roll.

**Jacket Potato / Assorted Sandwiches**

**Apple Flapjack**
A chewy oat bar packed with juicy apple pieces for a tasty, energy-boosting bite.



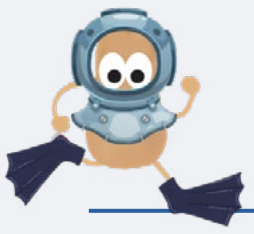
### Thu

**MSC Breaded Fish Fingers**
Crispy breaded fish fingers, made with MSC-certified fish.

**Best of Brunch Loaded Soft Roll**
A soft roll filled with British Quorn bangers, hash browns and beans.

**Jacket Potato / Assorted Sandwiches**

**Lemon Drizzle**
A zingy lemon cake with a sparkly, sugary drizzle.



### Fri

**Wholemeal Margherita Pizza**
A wholemeal pizza topped with melty cheese and tomato.

**Wholemeal Cheese & Pepper Pizza**
A wholemeal pizza topped with melt cheese, tomato and peppers.

**Jacket Potato / Assorted Sandwiches**

**Vanilla Shortbread**
Crumbly shortbread with a gentle vanilla taste.





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