

Broomwood Primary School

| <b>Menu Week 1</b>                | <b>MONDAY</b>  | <b>TUESDAY</b>                  | <b>WEDNESDAY</b> | <b>THURSDAY</b> | <b>FRIDAY</b>            |
|-----------------------------------|--|---------------------------------|------------------|-----------------|--------------------------|
| <b>Main Meals Homemade Choice</b> | Cheese and Tomato Pizza  | Pork Meatballs and tomato sauce | Cottage Pie      | Roast Chicken   | Fish fingers             |
| <b>Vegetarian</b>                 | Cheese and Tomato Pizza  | Vegan Meatballs                 | Lentil Pie       | Quorn roast     | Vegan fishless fingers   |
| <b>Carbohydrates</b>              | Wedges   | Rice/Pasta                      | Mash             | Roast potatoes  | Chips                    |
| <b>Vegetables</b>                 | Salad/Peas   | Sweetcorn                       | Carrots          | Green beans     | Baked beans or sweetcorn |
| <b>Salad Bar</b>                  | <i>A selection of fresh vegetable and salad items served along with a bread roll to accompany a protein dish from the daily choice: e.g. Chicken, Tuna, Cheese, Ham, Egg</i> |                                 |                  |                 |                          |
| <b>*Sandwiches</b>                | A selection of sandwiches available served with a side salad   |                                 |                  |                 |                          |
| <b>Filled Jackets</b>             | Various Fillings - served with side salad  |                                 |                  |                 |                          |
| <b>*Sweets</b>                    | Smoothie   | Apple crumble and custard       | Angel delight    | Fruit yogurt    | Lemon drizzle cake       |

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| <b>Menu<br/>Week 2</b>                    | <b>MONDAY</b>   | <b>TUESDAY</b>              | <b>WEDNESDAY</b>    | <b>THURSDAY</b>   | <b>FRIDAY</b>               |
|---|---|-----------------------------|---------------------|-------------------|-----------------------------|
| <b>Main Meals<br/>Homemade<br/>Choice</b> | Chicken pasta   | Chicken rogan josh<br>curry | Spaghetti bolognese | Roast Chicken     | Fish                        |
| <b>Vegetarian</b>                         | Quorn pasta   | Lentil and pea curry        | Quorn bolognese     | Quorn roast       | Vegan fishless fingers      |
| <b>Carbohydrates</b>                      | Pasta   | Rice                        | Pasta               | Roast potatoes    | Chips                       |
| <b>Vegetables</b>                         | Mixed salad   | Peas                        | Carrots             | Cauliflower       | Baked beans or<br>sweetcorn |
| <b>Salad Bar</b>                          | A selection of fresh vegetable and salad items served along with a bread roll to accompany a protein dish from the daily choice: e.g. Tuna, Cheese, Ham |                             |                     |                   |                             |
| <b>*Sandwiches</b>                        | A selection of sandwiches available served with a side salad  |                             |                     |                   |                             |
| <b>Filled Jackets</b>                     | Various Fillings - served with side salad   |                             |                     |                   |                             |
| <b>*Sweets</b>                            | Smoothie  | Raspberry muffin<br>cake    | Shortbread          | Fruit and yoghurt | Iced cake                   |

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| <b>Menu<br/>Week 3</b>                    | <b>MONDAY</b>   | <b>TUESDAY</b>     | <b>WEDNESDAY</b>         | <b>THURSDAY</b> | <b>FRIDAY</b>             |
|---|---|--------------------|--------------------------|-----------------|---------------------------|
| <b>Main Meals<br/>Homemade<br/>Choice</b> | Chicken wraps   | Pork Sausages      | Lasagne / Chilli         | Roast chicken   | Fish goujons              |
| <b>Vegetarian</b>                         | Quorn wraps   | Vegan sausages     | Quorn lasagne            | Quorn roast     | Vegan fishless fingers    |
| <b>Carbohydrates</b>                      | Savoury rice  | New potatoes       | Pasta / Rice             | Roast potatoes  | Chips                     |
| <b>Vegetables</b>                         | Mixed vegetables  | Carrots            | Salad                    | Broccoli        | Sweetcorn and Baked beans |
| <b>Salad Bar</b>                          | A selection of fresh vegetable and salad items served along with a bread roll to accompany a protein dish from the daily choice: e.g. Tuna, Cheese, Ham |                    |                          |                 |                           |
| <b>*Sandwiches</b>                        | A selection of sandwiches available served with a side salad  |                    |                          |                 |                           |
| <b>Filled Jackets</b>                     | Various Fillings - served with side salad   |                    |                          |                 |                           |
| <b>*Sweets</b>                            | Smoothie  | Orange fruit jelly | Pear crumble and custard | Fruit yoghurt   | Banana muffins            |