

Lakeside Community Primary School- Week 1 & 4 School Menu

	DISH 1	DISH 2	Veg/Pots/Pasta/Rice	Puddings	After School Club
MONDAY	Grilled, Cheesy Fish (GF) (Cod fillets in a zingy cheese sauce)	Quorn & Tomato Pasta Bake (V) (Penne Pasta & homemade tomato sauce)	Mash Potatoes Carrots Garden Peas	Lemon Mousse Cake Fruit Yoghurts & Fresh Fruit Platter	Sandwich Selection Salad Selection Fruit Yoghurt
TUESDAY	Beef, Tomato & Basil Meatballs (GF) (Tasty beef mince in a tomato & basil sauce with pasta)	Shepherd's Pie (V) (Quorn mince and vegetables in a rich gravy, topped with fluffy mash potato)	Broccoli Florets Sweetcorn	Homemade Shortbread Fruit Yoghurts & Fresh Fruit Platter	Savoury Pastries Salad Selection Fruit Yoghurt
WEDNESDAY	Roast Dinner Day- Roast Chicken with Stuffing or Braised Quorn Fillets in Vegetable Gravy (V, DF, GF) New Potatoes, Savoy Cabbage, Baton Carrots, Green Beans, Roast Gravy			Jam Sponge & Strawberry Custard Fruit Yoghurts & Fresh Fruit Platter	Tuna & Cheese Wraps Salad Selection Fruit Yoghurt
THURSDAY	Baked Potato Bar - Baked Potato & choice of 2 hot or cold fillings served with 5 a-day mixed salad, Beetroot, Coleslaw (V, DF, GF)			Banana Gingerbread Fruit Yoghurts & Fresh Fruit Platter	Pizza Fingers Salad Selection Fruit Yoghurt
FRIDAY	Harry Ramsdens Battered Fish (DF, GF) with Chips & Mushy Peas or Pasta Yum, Yum (V)			Blueberry Muffins Fruit Yoghurts & Fresh Fruit Platter	Cheese and Crackers Salad Selection Fruit Yoghurt

Available at lunch time – Fresh salad selection, fresh fruit platter, bread, chilled water and fresh milk

Allergies – Children with allergies will be catered for from the menu using modified dishes when necessary

THE COST OF A SCHOOL MEAL IS £2.20 PER DAY
(THIS INFORMATION WAS CORRECT AT TIME OF PRINTING 16.01.2018)
MENUS ARE SUBJECT TO CHANGE

Lakeside Community Primary School – Week 2 & 5 School Menu

	DISH 1	DISH 2	Veg/Pots/Pasta/Rice	Puddings	After School Club
MONDAY	Chicken Fried Rice (GF) (Chunks of chicken and vegetables with oriental spices, egg and rice)	Quorn & Spaghetti Carbonara (V) (Rich, creamy cream & garlic sauce with fresh herbs wrapped around spaghetti)	Carrots Garden Peas	Chocolate Mousse Cake Fruit Yoghurts & Fresh Fruit Platter	Sandwich Selection Salad Selection Fruit Yoghurt
TUESDAY	Fish Crumble (V,GF) (White fish fillets on a bed of sweetcorn, topped with savoury bread crumble)	Pizza Margarita (V) (Homemade pizza bases topped with fresh passata & mozzarella)	Potato Wedges Broccoli Florets Sweetcorn	Homemade Flapjack Fruit Yoghurts & Fresh Fruit Platter	Savoury Pastries Salad Selection Fruit Yoghurt
WEDNESDAY	Roast Dinner Day- Roast Pork with Yorkie Puds or Braised Quorn Fillets in Vegetable Gravy (V, DF, GF) New Potatoes, Baton Carrots, Green Beans, Roast Gravy			Peach Pudding & Custard Sauce Fruit Yoghurts & Fresh Fruit Platter	Tuna & Cheese Wraps Salad Selection Fruit Yoghurt
THURSDAY	Baked Potato Bar - Baked Potato & choice of 2 hot or cold fillings served with 5 a-day mixed salad, Beetroot, Coleslaw (V, DF, GF)			Apricot Surprise Fingers Fruit Yoghurts & Fresh Fruit Platter	Pizza Fingers Salad Selection Fruit Yoghurt
FRIDAY	Harry Ramsdens Battered Fish (DF, GF) with Chips & Mushy Peas or Pasta Yum, Yum (V)			Jelly & Ice-cream Fruit Yoghurts & Fresh Fruit Platter	Cheese and Crackers Salad Selection Fruit Yoghurt

Available at lunch time – Fresh salad selection, fresh fruit platter, bread, chilled water and fresh milk

Allergies – Children with allergies will be catered for from the menu using modified dishes when necessary

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Lakeside Community Primary School – Week 3 & 6 School Menu

	DISH 1	DISH 2	Veg/Pots/Pasta/Rice	Puddings	After School Club
MONDAY	Spaghetti Bolognese (Beef mince & veg in a rich tomato & garlic sauce)	Vegetable Korma (V,GF) (Chunks of vegetable in a mild cream & coconut sauce with rice & Naan bread)	Carrots Garden Peas	Lemon Mousse Cake Fruit Yoghurts & Fresh Fruit Platter	Sandwich Selection Salad Selection Fruit Yoghurt
TUESDAY	BBQ Chicken Drummers (glazed, grilled chicken in bbq sauce with pineapple rice)	Mighty Macaroni Cheese with Chives (V,GF) (Cooked macaroni in a rich cheese sauce with fresh chives)	Broccoli Florets Sweetcorn	Homemade American Brownies Fruit Yoghurts & Fresh Fruit Platter	Savoury Pastries Salad Selection Fruit Yoghurt
WEDNESDAY	Roast Dinner Day- Roast Chicken with Stuffing or Braised Quorn Fillets in Vegetable Gravy (V, DF, GF) New Potatoes, Savoy Cabbage, Baton Carrots, Green Beans, Roast Gravy			Rice Pudding & Fruit Coulis Sauce Fruit Yoghurts & Fresh Fruit Platter	Tuna & Cheese Wraps Salad Selection Fruit Yoghurt
THURSDAY	Baked Potato Bar - Baked Potato & choice of 2 hot or cold fillings served with 5 a-day mixed salad, Beetroot, Coleslaw (V, DF, GF)			Homemade Courgette Cake Fruit Yoghurts & Fresh Fruit Platter	Pizza Fingers Salad Selection Fruit Yoghurt
FRIDAY	Harry Ramsdens Battered Fish (DF, GF) with Chips & Mushy Peas or Pasta Yum, Yum (V)			Jelly & Ice-cream Fruit Yoghurts & Fresh Fruit Platter	Cheese and Crackers Salad Selection Fruit Yoghurt

Available at lunch time – Fresh salad selection, fresh fruit platter, bread, chilled water and fresh milk

Allergies – Children with allergies will be catered for from the menu using modified dishes when necessary

THE COST OF A SCHOOL MEAL IS £2.20 PER DAY
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