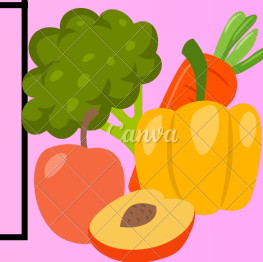
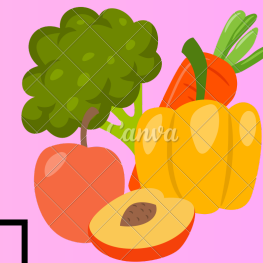


Muscliff Primary Lunch Menu

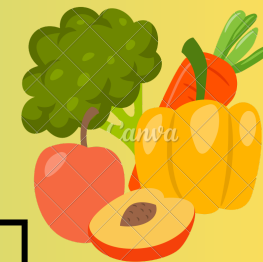
WEEK ONE

WEEK 1	Blue Band	Green Band	Yellow Band	All meals include either a starter or a dessert
Monday	Pork sausages, mash and peas (gravy optional)	Vegetarian sausage, mash and peas (gravy optional)	Jacket Potato with tuna mayonnaise, salad of the day	Dessert Melon
Tuesday	Creamy tuna and tomato pasta with cheese and broccoli	Creamy tomato and sweetcorn pasta with cheese and broccoli	Sticky Chicken (honey and soy), rice and broccoli	Starter Breadsticks and Hummus
Wednesday	Roast turkey, roast potatoes, yorkshire pudding, stuffing, carrots and peas (gravy optional)	Quorn roast, roast potatoes, yorkshire pudding, stuffing, carrots and peas (gravy optional)	Cheese and cucumber wrap Tortilla chips, carrot sticks and raisins	Dessert Apple crumble (custard optional)
Thursday	Mild chicken curry, rice and broccoli	Mild chickpea and vegetable curry, rice and broccoli	Jacket potato with beans and cheese, salad of the day	Starter Naan bread and mango chutney
Friday	Cheese and ham pitta pizza, oven chips, carrot and cucumber sticks	Cheese pitta pizza, oven chips, carrot and cucumber sticks	Bacon, lettuce and tomato sandwich, pasta salad, cucumber and carrot sticks	Dessert Flapjack

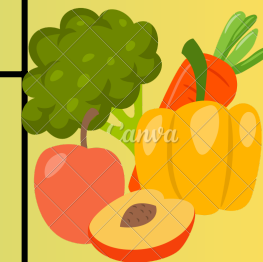


Muscliff Primary Lunch Menu

WEEK TWO



WEEK 2	Blue Band	Green Band	Yellow Band	All meals include either a starter or a dessert
Monday	Fishfingers, new potatoes and baked beans	Vegetable fingers, new potatoes and baked beans	Jacket potato, cheese and baked beans, salad of the day	Dessert Melon
Tuesday	Beef meatballs in tomato sauce (hidden veg), pasta, garlic bread and carrots	Tomato,pepper and onion pasta with cheese, garlic bread and carrots	Salmon fishcakes, pasta salad, cucumber sticks and raisins	Dessert Bananas (+ custard optional)
Wednesday	Roast Pork, apple sauce, roast potatoes, yorkshire pudding, stuffing, carrots and broccoli (gravy optional)	Cauliflower cheese, roast potatoes, yorkshire pudding, stuffing, carrots and broccoli (gravy optional)	Warm cheese wrap, pasta salad, cucumber and pepper sticks	Dessert Lemon Drizzle Cake
Thursday	Potato, ham and cheese frittata, salad of the day	Potato and cheese frittata, salad of the day	Jacket potato with tuna mayonnaise, salad of the day	Starter Cucumber and carrot sticks with hummus
Friday	Warm chicken fajita, oven chips, peas and sweetcorn	Warm quorn fajita, oven chips, peas and sweetcorn	Egg mayonnaise sandwich, oven chips, carrot sticks and raisins	Dessert Brownie



Muscliff Primary Lunch Menu

WEEK THREE

WEEK 3	Blue Band	Green Band	Yellow Band	All meals include either a starter or a dessert
Monday	Spaghetti bolognaise (hidden veg), cheese and carrots	Broccoli and cheese pasta bake and carrots	Jacket potato, cheese and baked beans, salad of the day	Dessert Melon
Tuesday	Salmon and broccoli cheesy pasta bake, garlic bread and peas	Macaroni cheese, garlic bread and peas	Vegetable quiche, pasta salad cucumber and pepper	Dessert Jam sponge
Wednesday	Roast chicken, roast potatoes, yorkshire pudding, stuffing, carrots and broccoli (gravy optional)	Quorn roast, roast potatoes, yorkshire pudding, stuffing, carrots and broccoli (gravy optional)	Ham and cheese wrap pasta salad, cucumber sticks and raisins	Dessert Dorset apple cake
Thursday	Beef Chilli (contains kidney beans) and rice	Quorn chilli (contains kidney beans) and rice	Jacket potato with cheese, salad of the day	Starter Tortilla crisps with hummus
Friday	Chicken burger, oven chips and baked beans	Falafel burger, oven chips and baked beans	Tuna mayo and sweetcorn sandwich, pasta salad, carrot sticks and raisins	Dessert Cheese and crackers

