

WEEK ONE

STRADBROKE PRIMARY MENU - FROM APRIL 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Salmon Fishcake with Half Jacket Potato	 Sweet Chilli Chicken with Wholegrain Rice	Bacon Loin with Creamed Potatoes, Stuffing and Gravy	 Minced Beef Pie with Creamed Potatoes	Fish with Chips, and Tomato Ketchup
 Homemade Margarita Pizza (v) with Half Jacket Potato	 Lentil & Vegetable Pie with Creamed Potatoes (v)	Quorn Roast (v) with Creamed Potatoes, Stuffing and Gravy	 Macaroni Cheese (v)	 Beany Burrito (v) with Chips
Jacket Potato with Tuna Mayo, Cheese (v) or Baked Beans (v)	Jacket Potato with Tuna Mayo, Cheese (v) or Baked Beans (v)	Jacket Potato with Tuna Mayo, Cheese (v) or Baked Beans (v)	Jacket Potato with Tuna Mayo, Cheese (v) or Baked Beans (v)	Jacket Potato with Tuna Mayo, Cheese (v) or Baked Beans (v)
Tuna and Sweetcorn Wrap	Cheese & Ham Panini	Hot Bacon Loin Sandwich	Ham Sandwich	Fish Finger Wrap with Chipped Potatoes
 Coleslaw Sweetcorn	Green Beans Carrots	Cabbage Mixed Vegetables	Broccoli Carrots	Peas Baked Beans
Frozen Yoghurt with Shortbread Biscuit (v)	 Iced Carrot Cake (v)	 Peach & Butterscotch Pudding with Custard (v)	 Jam Shortbread with Custard (v)	 Tootie Fruitie Ice Cream (v)
Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt

Seasonal salad selection, bread and drinking water will be available daily

 = **HOMEMADE**



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Sticky BBQ Sausages with Rice Salad	 Chicken Pasta Bake with Homemade Garlic Bread	Roast Beef with Roast Potatoes, Yorkshire Pudding and Gravy	 Beef Chilli and Homemade Nachos with Wholegrain Rice	Fish Cake with Chips and Tomato Ketchup
 Sticky BBQ Quorn Sausages (v) with Rice Salad	 Vegetarian Spaghetti Bolognese (v) with Homemade Garlic Bread	Quorn Roast (v) with Roast Potatoes, Yorkshire Pudding and Gravy	 Homemade Margarita Pizza (v) with Half Jacket Potato	 Cheese and Red Pepper Flan (v) with Chips
Jacket Potato with Tuna Mayo, Cheese (v) or Baked Beans (v)	Jacket Potato with Tuna Mayo, Cheese (v) or Baked Beans (v)	Jacket Potato with Tuna Mayo, Cheese (v) or Baked Beans (v)	Jacket Potato with Tuna Mayo, Cheese (v) or Baked Beans (v)	Jacket Potato with Tuna Mayo, Cheese (v) or Baked Beans (v)
Cheese Sandwich (v)	Tuna and Sweetcorn Sandwich	Hot Roast Beef Sandwich	Ham Sandwich	Tuna Melt Baguette with Chipped Potatoes
Carrots Cauliflower	Sweetcorn Green Beans	Peas Carrots	Broccoli Sweetcorn	Peas Baked Beans
 Apple Flapjack with Custard (v)	 Chocolate Muffin (v)	 Pineapple Upside Down Sponge with Custard (v)	 Fruit with Jelly (v)	 Pinwheel with Chocolate Sauce (v)
Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt

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STRADBROKE PRIMARY MENU - FROM APRIL 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Burger in a Bun with Pasta Salad	 Chicken Curry with Wholegrain Rice and Mint Yoghurt Dip	Roast Chicken with Roast Potatoes, Stuffing and Gravy	 Savoury Mince with Henderson's Relish with Creamed Potatoes	Fish Fingers with Chips and Tomato Ketchup
Quorn Burger (v) in a Bun with Pasta Salad	 Tarka Dhal (v) with Wholegrain Rice and Mint Yoghurt Dip	Quorn Roast (v) with Roast Potatoes, Stuffing and Gravy	 Savoury Vegetarian Mince (v) with Creamed Potatoes	 Cheese Flan (v) with Chips
Jacket Potato with Tuna Mayo, Cheese (v) or Baked Beans (v)	Jacket Potato with Tuna Mayo, Cheese (v) or Baked Beans (v)	Jacket Potato with Tuna Mayo, Cheese (v) or Baked Beans (v)	Jacket Potato with Tuna Mayo, Cheese (v) or Baked Beans (v)	Jacket Potato with Tuna Mayo, Cheese (v) or Baked Beans (v)
Tuna Sandwich	Cheese & tomato Panini	Hot Roast Chicken Sandwich with Roast Potatoes	Tuna & Sweetcorn Wrap	Salmon Mayonnaise Sandwich with Chipped Potatoes
 Coleslaw Sweetcorn	Carrots Green Beans	Broccoli Cauliflower	Mixed Vegetables Peas	Mushy Peas Baked Beans
 Chocolate and Pear Sponge with Chocolate Sauce (v)	 Treacle Bites and Custard (v)	 Apple Crumble with Ice Cream (v)	 Lemon Drizzle (v)	 Sticky Toffee Pudding with Custard (v)
Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt

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