

Moorlands Primary School Dinners

(Fortnightly menu Week 2 – September 2017-July 2018)

		Monday	Tuesday	Wednesday	Thursday	Friday
W E E K 1	Meal options	Homemade loaded pizza Served with jacket wedges, golden sweetcorn and crunchy coleslaw.		Cheese and onion rolls Served with creamy mashed potatoes and seasonal vegetables.	Salmon fishcakes Served with roast potatoes, fresh carrots and garden peas.	Oven baked fish fingers and ketchup Served with chunky chips, baked beans or golden sweetcorn.
		Quorn curry Served with fluffy wholegrain rice and naan bread.	Baked jacket potatoes Served with various fillings and seasonal salad.	Quorn sausage 'toad in the hole' Served with creamy mashed potatoes and seasonal vegetables.	Quorn spaghetti bolognese Served with homemade garlic bread.	Quorn chilli con carne Served with fluffy wholegrain rice and pitta bread.
		Southern style crumbed chicken Served with jacket wedges, golden sweetcorn and crunchy coleslaw.	Creamy chicken pie and gravy Served with herby diced potatoes, cauliflower and broccoli.	Sausage 'toad in the hole' Served with creamy mashed potatoes and seasonal vegetables.	Roast pork, sage and onion stuffing with gravy Served with roast potatoes, fresh carrots and garden peas.	Chilli con carne Served with fluffy wholegrain rice and pitta bread.
	Pudding options	Steamed apple and ginger sponge served with creamy custard. Raspberry ice cream roll. Yoghurts or fresh fruit pots.	A variety of homemade cakes. Yoghurts. Fresh fruit kebabs.	Fruit crumble and creamy custard. Selection of homemade biscuits and fresh juice. Yoghurts or fresh fruit.	Jam shortcake and creamy custard. Cheesecake. Yoghurts. Fresh fruit pots.	"Sugar smart" A selection of low sugar desserts.

		Monday	Tuesday	Wednesday	Thursday	Friday
W E E K 2	Meal options		Crispy crumbed fish and parsley sauce Served with chunky chips and mushy peas.	Creamy tuna pasta bake Served with a garlic slice.	Salmon fillet and lemon mayonnaise Served with parsley potatoes and broccoli florets.	Vegetarian pasta bake Served with crispy salad.
		Pizza swirls Served with homemade jacket wedges, garden peas and golden sweetcorn.	Quorn burger in a bun with ketchup Served with chunky chips and baked beans.	Quiche of the day Served with roast potatoes and seasonal vegetables.	Sweet and sour vegetables Served with noodles.	Oven baked quorn sausage Served with creamy mashed potatoes and a medley of vegetables
		Chicken curry Served with fluffy wholegrain rice and naan bread.		Traditional roast chicken, sage and onion stuffing with gravy Served with roast potatoes and seasonal vegetables.	Chicken chilli wraps Served with fluffy wholegrain rice and golden sweetcorn.	Oven baked sausage Served with creamy mashed potatoes and a medley of vegetables.
	Pudding options	Creamy rice pudding. A selection of homemade biscuits and fruit juice, yoghurts, fruit kebabs.	Steamed chocolate sponge and chocolate sauce. Delight Yoghurts. Fresh fruit pots.	"Sugar smart" A selection of low sugar desserts.	Homemade carrot cake. Iced finger roll. Yoghurt. Fresh Fruit.	Swedish apple sponge served with creamy custard. Fruit in jelly. Yoghurt. Fresh fruit pots.