

# Ashmole Primary Menu January 2023

## Week 1

WC 09/01, 30/01, 27/02, 20/03

|                  | Meat Free Monday   | Tuesday  | Wednesday   | Thursday  | Friday   |
|------------------|--|--|---|---|--|
| Main Meal        | Sweet Potato and Lentil Korma with Rice  | Beef Burger in a Bun Served with Potato Wedges     | Roast Turkey Served with Roast Potatoes and Gravy   | Sweet and Sour Chicken with Wholegrain Rice                       | Fish Fingers or Breaded Chicken with Chips             |
| Halal Option     |  | Halal Beef Burger in a Bun Served with Wedges      | Halal Chicken Served with Roasty Potatoes and Gravy |   | Breaded Halal Chicken with Chips                       |
| Vegetarian Main  | Penne Pasta with Roast Sweet Pepper Sauce  | Quorn Burgers Served with Wedges                   | Vegetarian Chow Mein with Noodles                   | Mediterranean Pasta with Fresh Bread                              | Pizza with Chips                                       |
| Dessert          | Summer Berry Crumble with Vanilla Ice Cream, Fresh Fruit, Cheese and Crackers or Yoghurt | Jelly, Fresh Fruit, Cheese and Crackers or Yoghurt | Organic Yoghurt, Fresh Fruit or Cheese and Crackers | Shortbread Biscuit with Milkshake, Cheese and Crackers or Yoghurt | Ice Cream, Fresh Fruit, Cheese and Crackers or Yoghurt |
| Cooked Vegetable | Garden Peas  | Corn On the Cob                                    | Green Beans   | Fresh Carrots   | Baked Beans  |

A Selection of Fresh Bread, Milk, Water and Salad bar are provided daily

# Ashmole Primary Menu January 2023

## Week 2

WC 16/01, 06/02, 06/03, 27/03

|                            | <b>Meat Free Monday</b>   | <b>Tuesday</b>   | <b>Wednesday</b>   | <b>Thursday</b>  | <b>Friday</b>   |
|----------------------------|---|--|--|--|---|
| <b>Main Meal</b>           | <b>Macaroni Cheese</b>  | <b>Pork Sausages<br/>Served with Mashed<br/>Potatoes and Yorkshire Pudding</b>   | <b>Roast Chicken with<br/>Roast Potatoes and<br/>Gravy</b>         | <b>Chicken Pasta</b>   | <b>Fish Fingers or Breaded<br/>Chicken with Chips</b>             |
| <b>Halal Option</b>        |   | <b>Halal Chicken Sausages with<br/>Mashed Potatoes and Yorkshire<br/>Pudding</b> | <b>Halal Turkey with Roast<br/>Potatoes and Gravy</b>              |  | <b>Breaded Halal Chicken<br/>with Chips</b>                       |
| <b>Vegetarian<br/>Main</b> | <b>Quorn and Lentil Ragù<br/>with<br/>Cous-Cous</b>   | <b>Quorn Sausages<br/>With Mashed Potatoes<br/>And Yorkshire Pudding</b>         | <b>Vegetable Curry<br/>with<br/>Rice</b>                           | <b>Jacket Potatoes<br/>with<br/>Beans and Cheese</b>                                     | <b>Quorn Burger<br/>with Chips</b>                                |
| <b>Dessert</b>             | <b>Date Chocolate Brownie<br/>with Chocolate Sauce,<br/>Fresh Fruit, Cheese and<br/>Crackers or Yoghurt</b> | <b>Blueberry Muffin, Fresh Fruit,<br/>Cheese and Crackers or Yoghurt</b>         | <b>Organic Yoghurt, Fresh<br/>Fruit or Cheese and<br/>Crackers</b> | <b>Carrot Cake<br/>with Custard, Fresh Fruit,<br/>Cheese and Crackers or<br/>Yoghurt</b> | <b>Ice Cream, Fresh Fruit, Cheese<br/>and Crackers or Yoghurt</b> |
| <b>Cooked Vegetables</b>   | <b>Corn on the Cob</b>  | <b>Garden Peas</b>   | <b>Fresh Broccoli</b>  | <b>Fresh Carrots</b>   | <b>Baked Beans</b>  |

**A Selection of Fresh Bread, Milk, Water and Salad bar are provided daily**

# Ashmole Primary Menu January 2023

## Week 3

WC 02/01, 23/01, 20/02, 13/03

|                          | <b>Meat Free Monday</b>  | <b>Tuesday</b>  | <b>Wednesday</b>   | <b>Thursday</b>                                    | <b>Friday</b>   |
|--------------------------|--|---|--|--|---|
| <b>Main Meal</b>         | <b>Tomato and Basil Pasta</b>  | <b>Chicken Curry with Wholegrain Rice</b>   | <b>Roast Turkey with Roast Potatoes and Gravy</b>          | <b>Beef Lasagne with Fresh Bread</b>               | <b>Fish Fingers or Breaded Chicken with Chips</b>             |
| <b>Halal Option</b>      |  | <b>Halal Chicken Curry with Wholegrain Rice</b>                                   | <b>Halal Turkey with Roast Potatoes and Gravy</b>          |  | <b>Breaded Halal Chicken with Chips</b>                       |
| <b>Vegetarian Main</b>   | <b>Broccoli Cauliflower Cheese</b>   | <b>Quorn Bolognaise</b>   | <b>Quorn Jollof Rice</b>                                   | <b>Butternut Squash Risotto</b>                    | <b>Halloumi Burger with Chips</b>                             |
| <b>Dessert</b>           | <b>Apple Sponge and Vanilla Ice Cream, Fresh Fruit, Cheese and Crackers or Yoghurt</b> | <b>Chocolate and Beetroot Muffin, Fresh Fruit, Cheese and Crackers or Yoghurt</b> | <b>Organic Yoghurt, Fresh Fruit or Cheese and Crackers</b> | <b>Fruit Salad, Cheese and Crackers or Yoghurt</b> | <b>Ice Cream, Fresh Fruit, Cheese and Crackers or Yoghurt</b> |
| <b>Cooked Vegetables</b> | <b>Sweetcorn</b>   | <b>Garden Peas</b>  | <b>Carrots</b>   | <b>Green Beans</b>                                 | <b>Baked Beans</b>  |

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