



Lunch Menu

Ashmole Primary

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Pork or Halal Chicken Sausage, Yorkshire Pudding with Potatoes and Gravy	Beef or Vegetarian Lasagne with Fresh Bread	Roast Turkey or Halal Turkey with Roast Potatoes and Gravy	Chicken Korma with Wholegrain Rice	Fish Fingers or Breaded Chicken with Chips
Vegetarian Main	Penne Pasta with Roast Sweet Pepper Sauce	Baked Potato with Baked Beans and Cheese	Butternut Squash Risotto	Vegetarian Sweet and Sour Noodles	Margherita Pizza
Dessert	Apple and Autumn Berry Crumble with Custard or Fresh Fruit	Jelly or Fresh Fruit	Organic Yoghurt or Fresh Fruit	Shortbread Biscuit with Milkshake	Ice Cream or Fresh Fruit
Cooked Vegetable	Fresh Broccoli	Green Beans	Fresh Carrots	Garden Peas	Baked Beans or Sweetcorn

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



Lunch Menu

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Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Sweet and Sour Chicken with Noodles	Beef Fajita with Vegetable Rice	Roast Chicken or Halal Chicken with Roast Potatoes and Gravy	Lamb Rogan Josh with Wholegrain Rice	Fish Fingers or Breaded Chicken with Chips
Vegetarian Main	Quorn Sausage with Potatoes and Gravy	Sweet Tomato and Basil Sauce with Penne Pasta	Sweet Potato Curry with Wholegrain Rice	Mac N Cheese	
Dessert	Blueberry Muffin or Fresh Fruit	Beetroot Chocolate Sponge with Chocolate Sauce or Fresh Fruit	Organic Yoghurt or Fresh Fruit	Carrot Cake with Custard or Fresh Fruit	Ice Cream or Fresh Fruit
Cooked Vegetables	Fresh Carrots	Garden Peas	Fresh Broccoli	Green Beans	Baked Beans or Sweetcorn

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