

28TH AUG-18TH SEPT-9TH OCT-30TH OCT-27TH NOV-18TH DEC-8TH JAN-29TH JAN

WEEK 1

PRIMARY

SCHOOL

MENU

PEARESWOOD PRIMARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MEAT

Choice

Beef Pasta Bolognese
(GL)

Ham & Pineapple Pizza
with Garlic Bread
(GL-MI-SO)

Roast Chicken with Diced
Roast Potatoes & Gravy

Hot Ham & Cheese
Panini
(GL-MI-SO-MU-SE)

Fish Fingers with Chips
& Tomato Sauce
(GL-FI)

VEGETARIAN

Choice

Mac & Cheese
(GL-MI-MU)

Margherita Pizza
with Garlic Bread
(GL-MI-SO)

Shepherdess Pie
(GL)

Hot Cheese Panini
(GL-MI-SO-MU-SE)

Vegan Sausage with
Chips & Tomato Sauce
(SO)

PASTA

Tomato Pasta
(GL)

Tomato Pasta
(GL)

Tomato Pasta
(GL)

Tomato Pasta
(GL)

Tomato Pasta
(GL)

**JACKET
POTATO**

Cheese, Beans or Tuna
(MI-FI)

Cheese, Beans or Tuna
(MI-FI)

Cheese, Beans or Tuna
(MI-FI)

Cheese, Beans or Tuna
(MI-FI)

Cheese, Beans or Tuna
(MI-FI)

SANDWICH

Ham, Cheese & Tuna
(GL-SO-MI-FI)

Ham, Cheese & Tuna
(GL-SO-MI-FI)

Ham, Cheese & Tuna
(GL-SO-MI-FI)

Ham, Cheese & Tuna
(GL-SO-MI-FI)

Ham, Cheese & Tuna
(GL-SO-MI-FI)

VEGETABLES

Mixed Vegetables

Mixed Vegetables

Mixed Vegetables

Mixed Vegetables

Baked Beans & Peas

DESSERT

Fruit Yoghurt
(MI)

Chocolate Cake
(GL-EG)

Oaty Cookie
(GL)

Fruit Jelly

Dessert Selection
(GL-EG-MI)



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BREAD CONTAINS - GL - MI - EG - SO



ALLERGY KEY
 CELERY - CE / GLUTEN - GL /
 CRUSTACEANS - CR / EGGS - EG /
 FISH - FI / LUPIN - LU / MILK - MI
 MOLLUSCS - MO / MUSTARD - MU /
 NUTS - NU / PEANUTS - PE /
 SESAME SEEDS - SE SOYA - SO /
 SULPHUR - SU



FRESH FRUIT AVAILABLE EVERY DAY
FRESH BREAD AVAILABLE EVERY DAY
SALAD BAR AVAILABLE EVERY DAY



WEEK 2

PRIMARY

SCHOOL

MENU

PEARESWOOD PRIMARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MEAT
Choice

Pork Sausage & Mash
(GL-SU)

Chicken & Sweetcorn
Pizza with Garlic Bread
(GL-MI-SO)

Roast Turkey with Diced
Roast Potatoes & Gravy

Chicken Curry
with Rice

Fish Fingers with Chips
& Tomato Sauce
(GL-FI)

VEGETARIAN
Choice

Quorn Sausage & Mash
(GL-EG-MI)

Margherita Pizza
with Garlic Bread
(GL-MI-SO)

Vegetable & Potato Pie
with Gravy

Vegetable Curry
with Rice

Vegetable Chilli
with Chips
(SO-GL)

PASTA

Tomato Pasta
(GL)

Tomato Pasta
(GL)

Tomato Pasta
(GL)

Tomato Pasta
(GL)

Tomato Pasta
(GL)

JACKET
POTATO

Cheese, Beans or Tuna
(MI-FI)

Cheese, Beans or Tuna
(MI-FI)

Cheese, Beans or Tuna
(MI-FI)

Cheese, Beans or Tuna
(MI-FI)

Cheese, Beans or Salmon
(MI-FI)

SANDWICH

Ham, Cheese & Tuna
(GL-SO-MI-FI)

Ham, Cheese & Tuna
(GL-SO-MI-FI)

Ham, Cheese & Tuna
(GL-SO-MI-FI)

Ham, Cheese & Tuna
(GL-SO-MI-FI)

Ham, Cheese & Tuna
(GL-SO-MI-FI)

VEGETABLES

Mixed Vegetables

Mixed Vegetables

Mixed Vegetables

Mixed Vegetables

Baked Beans & Peas

DESSERT

Fruit Yoghurt
(MI)

Sprinkle Sponge Cake
(GL-EG)

Apple Flapjack
(GL)

Fruit Jelly

Dessert Selection
(GL-EG-MI)

4TH SEPT-25TH SEPT-16TH OCT-6TH NOV-4TH DEC-25TH DEC-15TH JAN-5TH FEB



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 SULPHUR - SU



FRESH FRUIT AVAILABLE EVERY DAY
FRESH BREAD AVAILABLE EVERY DAY
SALAD BAR AVAILABLE EVERY DAY



PEARESWOOD PRIMARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MEAT

Choice

Beef Burger with Corn on the Cob (GL-SU-SO-SE)

Pepperoni Pizza with Garlic Bread (GL-MI-SO)

Roast Chicken with Diced Roast Potatoes & Gravy

Beef Lasagne with Garlic Bread (MI-GL-EG-SO)

Fish Fingers with Chips & Tomato Sauce (GL-FI)

VEGETARIAN

Choice

Vegetable Bean Burger with Corn on the Cob (GL-SE)

Margherita Pizza with Garlic Bread (GL-MI-SO)

Vegan Sausage with Diced Roast Potatoes & Gravy (SO)

Veggie Lasagne with Garlic Bread (MI-GL-EG-SO)

Vegan Nuggets with Chips (GL)

PASTA

Tomato Pasta (GL)

Tomato Pasta (GL)

Tomato Pasta (GL)

Tomato Pasta (GL)

Tomato Pasta (GL)

JACKET POTATO

Cheese, Beans or Tuna (MI-FI)

Cheese, Beans or Tuna (MI-FI)

Cheese, Beans or Tuna (MI-FI)

Cheese, Beans or Tuna (MI-FI)

Cheese, Beans or Tuna (MI-FI)

SANDWICH

Ham, Cheese & Tuna (GL-SO-MI-FI)

Ham, Cheese & Tuna (GL-SO-MI-FI)

Ham, Cheese & Tuna (GL-SO-MI-FI)

Ham, Cheese & Tuna (GL-SO-MI-FI)

Ham, Cheese & Tuna (GL-SO-MI-FI)

VEGETABLES

Mixed Vegetables

Mixed Vegetables

Mixed Vegetables

Mixed Vegetables

Baked Beans & Peas

DESSERT

Fruit Yoghurt (MI)

Apple Cake (GL-EG)

Chocolate Cookie (GL)

Fruit Jelly

Dessert Selection (GL-EG-MI)



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FRESH FRUIT AVAILABLE EVERY DAY
FRESH BREAD AVAILABLE EVERY DAY
SALAD BAR AVAILABLE EVERY DAY

