



Primary School Lunch Menu

SEPTEMBER - FEBRUARY



Planet Friendly Days

(Menu Option 3wnh)

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY 	FRIDAY
Main Course	Plant Power Quorn Meatballs with Gravy (vg) Seasoned Wedges (vg)	Indian Style Quorn Tikka Masala (v) Steamed Rice (v) / Naan Bread (v)	Traditional Savoury Quorn Mince Herb Dumpling (v) Mashed Potato (v)	Succulent Roast Quorn Fillet (vg) Sage & Onion Stuffing (v) Roast Potato (v)	Herby Cheese Omelette (v) Chips (vg)
Main Course	Classic Spaghetti Napoli (v) Garlic Bread Slice (v)	Indian Style Chicken Tikka Curry Steamed Rice (v) / Naan Bread (v)	Traditional Savoury Mince Herb Dumpling (v) Mashed Potato (v)	Succulent Roast Pork Loin Sage & Onion Stuffing (v) Roast Potato (v)	Fish Fingers or Salmon Bites Chips (vg)
Chef's Choice of Seasonal Vegetables and Salad Bar (v)(vg) / Jacket Potato – Cheese (v), Tuna Mayo*, Beans (v/vg) / Sandwiches Options (v)					
Dessert Fresh Fruit (vg), Yoghurt (v), Cheese & Biscuits (v)	Chocolate Crunch Cookie (v)	Sticky Orange Sponge with Custard (v)	Fruit Flapjack (v)	Lemon Drizzle Cake (v)	Frozen Yoghurt (v)
Week 2	MONDAY	TUESDAY 	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Oven Baked Quorn Sausages (vg) Herby Mashed Potato (v)	Handmade Margherita Pizza Slice (v) Seasoned Wedges (vg)	Marinated Quorn Wrap (v) Roast Potato (v) Garlic Mayo Dip (v)	Classic Vegetable Lasagne (v) Garlic Bread Slice (v) Chopped Mixed Salad (vg)	Mexican Style Quorn & Tomato Salsa Wrap (v) Chips (vg)
Main Course	Oven Baked Pork Sausages Herby Mashed Potato (v)	North- East Quorn Parmo (v) Seasoned Wedges (vg)	Marinated Chicken Wrap Roast Potato (v) Garlic Mayo Dip (v)	Classic Lasagne Garlic Bread Slice (v) Chopped Mixed Salad (vg)	Oven Baked Battered Fish Chips (vg)
Chef's Choice of Seasonal Vegetables and Salad Bar (v)(vg) / Jacket Potato – Cheese (v), Tuna Mayo*, Beans (v/vg) / Sandwiches Options (v)					
Dessert Fresh Fruit (vg), Yoghurt (v), Cheese & Biscuits (v)	Arctic Ice Cream Roll with Mixed Berries (v)	Apple Crumble Muffin (v)	Ginger Sponge & Custard (v)	Fruit Flapjack (v)	Fruit Medley
Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY 	FRIDAY
Main Course	Oven Baked Cheese & Potato Lattice Seasoned Wedges (vg)	Handmade Mediterranean Pizza Slice (v) Pesto Pasta (v)	Traditional Roast Quorn Fillet (vg) Yorkshire Pudding (v) Roast Potato (v)	American Style Plant Power Cheeseburger (v) Seasoned Wedges (vg)	Crunchy Quorn Dippers (vg) Chips (vg)
Main Course	Oven Baked Pork Meatballs in Tomato Sauce with Penne Pasta Focaccia Bread (v)	Handmade Margherita Pizza Slice (v) Pesto Pasta (v)	Traditional Roast Chicken Yorkshire Pudding (v) Roast Potato (v)	American Style Cheeseburger Seasoned Wedges (vg)	Oven Baked Fish Star Chips (vg)
Chef's choice of seasonal vegetables and Salad Bar (v)(vg) / Jacket Potato – Cheese (v), Tuna Mayo*, Beans (v/vg) / Sandwiches Options (v)					
Dessert Fresh Fruit (vg), Yoghurt (v), Cheese & Biscuits (v)	Strawberry Mousse (v)	Lemon Muffin (v)	Fruit Jelly & Vanilla Ice Cream (v)	Chocolate Sponge with Chocolate Custard (v)	Melting Moment Cookie (v)

Week 1

31 Aug 26
21 Sept 26
12 Oct 26
09 Nov 26
30 Nov 26
04 Jan 27
25 Jan 27

Week 2

07 Sept 26
28 Sept 26
19 Oct 26
16 Nov 26
07 Dec 26
11 Jan 27
01 Feb 27

Week 3

14 Sept 26
05 Oct 26
02 Nov 26
23 Nov 26
14 Dec 26
18 Jan 27
08 Feb 27

CHOICE OF DRINKS:

Chilled Water
Reduced Fat Milk (v)

Menus are subject to availability
(vg) Plant-Based and Planet-Friendly
(v) Suitable for Vegetarians
* Taking a break on planet friendly days

Newcastle
City Council 