









Barlow C of E Primary School Autumn/Spring Term 2023-24 Menu - Week 3
w/c 20.11.23, 11.12.23, 15.01.24, 05.02.24, 04.03.24

Child's Name					
Menu	Monday	Tuesday	Wednesday	 Thursday	Friday
Main Dish	Lasagne with herb bread 	Sausages with baked potato wedges	Chicken with roast potatoes & gravy	Minced beef Bolognaise 	Chicken nuggets with chunky chips
Vegetarian Option		Vegetable Sausages with baked potato wedges	Hot Cheese & Tomato Baguette with wedges	Tomato & cheese pasta 	Quorn™ nuggets with chunky chips
Jacket Potato Option	Jacket potato with cheese, beans or tuna (circle up to 2 fillings)	Jacket potato with cheese, beans or tuna (circle up to 2 fillings)	Jacket potato with cheese, beans or tuna (circle up to 2 fillings)	Jacket potato with cheese, beans or tuna (circle up to 2 fillings)	Jacket potato with cheese, beans or tuna (circle up to 2 fillings)
Panini Option	Cheese or tuna mayo panini (circle 1 filling choice)	Cheese or tuna mayo panini (circle 1 filling choice)	Cheese or tuna mayo panini (circle 1 filling choice)	Cheese or tuna mayo panini (circle 1 filling choice)	Cheese or tuna mayo panini (circle 1 filling choice)
Accompaniments	 Bread plus seasonal vegetables or salad bar served daily to accompany every meal chosen				
Dessert OR	Chocolate cookie	Lemon Cake	Jelly & ice cream 	Sticky toffee pudding with custard	Fresh fruit & whip 
Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt 	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt
Any dietary requirements					



MENU

☐ Tick if you would like a paper copy of the menu sending home.

Eating all your fruit & veg will help you grow **BIG** and **STRONG** (like me!)



KEY



- 1 OF YOUR 5 A DAY



- MEAT-FREE MONDAY



- CHEF'S CHOICE



- PLANT-BASED (VEGAN)