

# CANNON LANE PRIMARY SCHOOL







Spring 2018



## WEEK 1

1/1, 22/1, 19/2, 12/3

### Option 1

	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
	Sweet Chilli Vegetable Noodles	Turkey Bolognaise Pasta Bake	Roast Chicken Thigh served with Stuffing, Roast Potatoes and Gravy	Moroccan Chicken with Apricots served with Cous Cous	Golden Fish Fingers served with Chips
<b>Option 2</b>  Vegetarian	Garden Pea Risotto 	Cheesy Potato Layer Bake 	Oven Baked Quorn Fillet served with Stuffing, Roast Potatoes and Gravy 	Vegetarian Sausage served with Creamy Mashed Potato and Gravy 	Cheese and Tomato Wheel served with Chips 
<b>Option 3</b>	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw
<b>Vegetables</b>	Garden Peas Carrots	Sweetcorn Broccoli	Butternut Squash Green Beans	Carrots Sweetcorn	Garden Peas Baked Beans
<b>Dessert</b>	Pear and Forest Fruit Crumble with Custard	Cherry Shortbread	Chocolate Brownie	Peach Crunch Tart with Custard	Carrot and Pineapple Cake

## WEEK 2

8/1, 29/1, 26/2, 19/3







### Option 1

	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
	Mozzarella, Tomato and Basil Pasta Bake	Minced Turkey and Potato Hot Pot	Roast Turkey served with Stuffing, Roast Potatoes and Gravy	Chicken Sausage served with Creamy Mashed Potato and Gravy	Crispy Battered Fish served with Chips
<b>Option 2</b>  Vegetarian	Mixed Vegetable Biryani 	Macaroni Cheese 	Sweet Potato and Lentil Wellington served with Roast Potatoes 	Vegetarian Chilli Con Carne served with Steamed Rice 	Cheesy Quorn and Pesto Slice served with Chips 
<b>Option 3</b>	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw
<b>Vegetables</b>	Cauliflower Carrots	Sweetcorn Garden Peas	Roasted Root Vegetables Steamed Cabbage	Green Beans Sweetcorn	Garden Peas Wholewheat Spaghetti Hoops
<b>Dessert</b>	Spiced Date Bar	Apple and Cinnamon Crumble Slice with Custard	Orange Jelly with Mandarins	Fruity Sponge with Custard	Vanilla Ice Cream

## WEEK 3

15/1, 5/2, 5/3, 26/3

### Option 1

	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
	BBQ Vegetable Pizza served with Herby Diced Potatoes	Shepherds Pie	Roast Chicken Thigh served with Stuffing, Roast Potatoes and Gravy	Chicken Tikka Masala served with Mango Chutney and Steamed Rice	Salmon Fish Fingers served with Chips
<b>Option 2</b>  Vegetarian	Cheese and Tomato Pizza served with Herby Diced Potatoes 	Roasted Mediterranean Vegetable Pasta Bake 	Vegetable Sausage served in a Yorkshire Pudding with Roast Potatoes and Gravy 	Veggie Mince Pie served with New Potatoes 	Chick Pea, Mixed Pepper and Sweetcorn Quesadilla served with Chips 
<b>Option 3</b>	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw
<b>Vegetables</b>	Broccoli Sweetcorn	Carrots Peas	Roast Parsnips Green Beans	Carrots Sweetcorn	Garden Peas Baked Beans
<b>Dessert</b>	Oaty Cookie	Pineapple Upside Down Cake with Custard	Apricot Flapjack	Cherry and Apple Pie with Custard	Chocolate Iced Sponge

Salad Bar, Yoghurt and Fresh Fruit are available daily



We always meet the Government food based standard for school lunches. All of our meals are freshly prepared on site by our team to ensure there are no undesirable additives. Many of our dishes contain hidden vegetables to increase vegetable intake. We are continuously working to reduce the amount of refined sugar in our menus.

