## **Eversley Primary School**

Week Beginning 21st Apr, 5th May, 19th May

## Monday

# One pot Cajun Beef Pasta vegetarian option available

Served with Garlic Bread

Scone

#### **Jacket Potato**

With a choice of fillings Both served with a mixed salad cart

## Tuesday

# Chicken Fajitas vegetarian option available

Served with Rice

Cookie

#### **Jacket Potaoto**

With a choice of fillings

Both Served with a Mixed salad cart

## Wednesday

### **Roast Chicken or Quorn roast**

served with Roast potatoes and Steamed Vegetables, Gravy & Yorkshire pudding

Flapjack

## **Jacket Potato**

With a choice of fillings

## **Thursday**

### **All Day Breakfast**

Served with Bacon, Butchers Sausage **or Quorn Sausage**, Hash Brown, Healthy choice Baked Beans and Scrambled Eggs.

## Friday

## Fish Fingers or Macaroni Cheese

served with healthy oven baked chips, & Baked Beans.

Tomato sauce. Sorbet

#### **Jacket Potato**

With a choice of fillings

Both served with a mixed salad cart

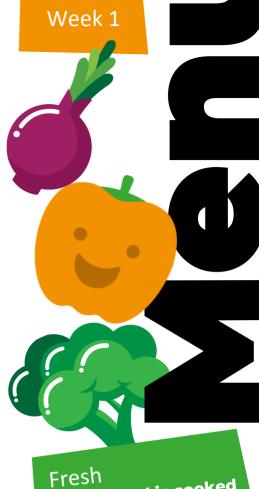
#### **Jacket Potato**

With a choice of fillings

Both served with a mixed salad cart

## Available everyday

Dessert of the day, fresh fruit and yoghurt, water, milk & Juice or Packed lunch option



Fresh
All our food is cooked
fresh each day

## Healthy

Our pasta, rice,breads and potatoes are healthy products

Checked
We always use
reputable suppliers
and where possible
use local produce



# **Eversley Primary School**

Week Beginning 28th Apr, 12th May

## Monday

# **Chicken Breast Nuggets Or Quorn dippers**

With Herby Diced potatoes Sweetcorn & Sweet chilli sauce Rice crispy Cake

## Tuesday

# Beef meatballs Vegetarian option available

Served with Spaghetti & Garlic bread. Carrot cake

## Wednesday

#### **Gammon or Quorn Roast**

served with Roast potatoes, Steamed Vegetables, Gravy & Yorkshire pudding.

Jelly

## Thursday

#### Freshly made Pizza

Mascarpone pasta & sweetcorn
Muffin

## Friday

## Fish fingers or Cheesy Quiche

served with healthy choice chips & peas Tomato sauce

Ice cream Tub

## Jacket potato

with a choice of fillings

both served with mixed salad cart

#### **Jacket Potato**

With a choice of fillings

Both served with a mixed salad cart

#### **Jacket Potato**

With a choice of Fillings

#### **Jacket Potato**

With a choice of fillings & a crispy fresh coleslaw

#### **Jacket Potato**

Served with a choice of fillings

Both served with a mixed salad cart.

## Available everyday

Dessert of the day, fresh fruit, and yoghurt, water, milk & Juice or Packed lunch Option

Fresh
All our food is cooked
fresh each day

## Healthy

Week 2

Our pasta, rice,breads and potatoes are healthy products

## Checked

We always use reputable suppliers and where possible use local produce



### **Allergens**

#### Week 1

One pot beef Pasta Wheat/Milk

One pot Quorn Pasta Eggs/Barley/Wheat/Milk

Garlic Bread Wheat/Milk
Scone Soya/Wheat/Milk

Chicken Fajitas Wheat
Quorn Fajitas Eggs/Wheat

Rice N/A

Cookie Soya/Barley/Wheat/Milk

Roast Chicken N/A
Quorn Roast Egg/Milk
Roast Potatoes N/A
Steamed Veg N/A

Yorkshire puds Eggs/Wheat/Milk

Gravy May contain Eggs/Soya/Milk/Mustard

Flapjack Oats/Wheat

Butchers Sausage Wheat/Celery/Mustard/Sulphites

Quorn Sausage Wheat
Bacon N/A
HashBrowns N/A
Baked Beans N/A

Scrambled Eggs Eggs/Milk

Cupcake Eggs/Soya/Wheat/Milk

Fishfingers Wheat/Fish Macaroni Cheese Wheat/Milk

Chips N/A
Tomato Sauce N/A
Sorbet N/A

#### Week 2

Chicken Nuggets Wheat/May contain Rye/Barley/Oats/Soya

Quorn Nuggets Wheat
Herby Diced Wheat
Sweetcorn N/A
Sweet chilli dip N/A

Rice crispy Cake Soya/Barley/Milk

Beef Meatballs Soya/Wheat/Mustard/Sulphites

Quorn Meatballs Soya/Barley/Wheat/May contain Eggs/Sesame/Celery/Mustard

Spaghetti Wheat/May contain Soya/Mustard Garlic Bread Wheat/Milk/May contain Soya

Carrot cake Eggs/Soya/Wheat/Milk

Gammon N/A
Quorn Roast Egg/Milk
Roast Potatoes N/A
Steamed Veg N/A

Yorkshire puds Eggs/Wheat/Milk

Gravy May contain Eggs/Soya/Milk/Mustard

Jelly N/A

Pizza Wheat/Milk/May contain Eggs

Mascarpone Pasta Wheat/Milk/May contain Soya/Mustard

Sweetcorn N/A

Muffins Eggs/Soya/Wheat/Milk

Fishfingers Wheat/Fish

Cheesy Quiche Eggs/Wheat/Milk

Chips N/A
Peas N/A
Tomato Sauce N/A
Ice Cream Milk

Packed lunch sandwiches: Ham Soya/wheat Tuna Mayo Egg/Wheat/soya/fish Cheese Soya/wheat/milk Chicken Soya/wheat