## West Jesmond Primary School Menu September 2022 – July 2023 Week One



### Also available every day: Fresh Fruit or Yoghurt Choice of Cheese or Filled Jacket Potato Quorn Bolognese (v) with Salad Garden Peas Crusty Bread **Baked Beans** Hash Browns DESSERT gg & Cress \*\*\* \* \* \* \* MONDAY Baguette Halal Chicken Korma Filled Jacket Potato Choice of Cheese Quorn Mince Pie(v Creamed Potatoes Baked Beans (v) with Salad Choice of: Green Beans Shortbread neese Savoury & Custard DESSERT Fluffy Rice TUESDAY \* \* \* \* Sandwich \* \* \* ken Korma or Turnip Fresh fruit selection Salad bar Strawberry Mousse Filled Jacket Potato Vegetable Fingers (v) Choice of Cheese Wholewheat Hoops leese & Tomato Pizz Crunchy Coleslaw Baked Beans (v) with Salad Potato Wedges Potato Wedges WEDNESDAY DESSERT Ham Wrap \* \* \* \* \* \* \* \*\*\* Choice of drinks: Reduced fat milk Fruit juice Lemon Drizzle Cake Filled Jacket Potato Choice of Cheese Pasta Pomodoro (v) Creamed Potatoes age & Onion Stu Baked Beans (v) Tuna Sandwich Crusty Bread THURSDAY & Custard DESSERT with Salad \* \* \* \* \* \* \* \* \* \* \* \* Broccoli Carrots Selection of fresh bread and Stir Fry Vegetables (v) Chocolate Brownie Filled Jacket Potato Choice of Cheese Baked Beans (v BBQ Quorn and Ham Sandwich Egg Noodles **Mushy Peas** una with Salad DESSERT \* \* \* \* \* \* \* \* \* \* \* \* Fish Fingers FRIDAY salmon or Chips

Yoghurt

Chilled water



Cheese and biscuits

Week Two West Jesmond Primary School Menu September 2022 – July 2023

### MONDAY

Spaghetti Hoops Potato Wedges

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Quorn & Chickpea Curry (v)

Vegetable Rice

**Cheese Baguette** \* \* \*

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Choice of Cheese or Filled Jacket Potato

aked Beans (v)
with Salad

DESSERT

Apple Pie & Custard

TUESDAY

Halal Minced Lamb & Dumplings

Creamed Potato Cauliflower

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Quorn Meatballs in Tomato Sauce with Pasta (v)

Garlic Bread

Garden Peas

\* \* \* \*

Ham Sandwich

Filled Jacket Potato \* \* \* \*

Choice of Cheese Baked Beans (v) with Salac

DESSERT

Fresh Fruit or Yoghurt

Mashed Potato

**Diced Potatoes** 

**Baked Beans** 

Crusty Bread Green Salad

Chips

Tuna Wrap

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Filled Jacket Potato Choice of Cheese

Baked Beans (v)

DESSERT

Vanilla Cookie

WEDNESDAY

Cabbage

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Quorn Burger in Bur

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Egg Sandwich

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Filled Jacket Potato Choice of Cheese

Baked Beans (v)
or Tune with Salad

DESSERT

Sticky Orange Sponge & Custard

THURSDAY

Halal Chicken Sausages

ges or

attered Fish

FRIDAY

Oven Roast Potatoes Mashed Turnip

Mushy Peas

Chips

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\* \* \* \*

Vegetarian Lasagne (v)

Cheese and Potato Pie (v)

Cheese Sandwich \* \* \* \* Coleslaw

Filled Jacket Potato \* \* \* \*

Baked Beans (v)
or Ituna with Salad Choice of Cheese

DESSERT

Frozen Yoghurt

(V) suitable for Vegetarians or (VG) Vegan diets Menus are subject to availability

Also available every day:

Choice of:

Salad bar

Choice of drinks:

Fruit juice

Selection of fresh bread and



Fresh fruit selection

Yoghurt

Cheese and biscuits

Reduced fat milk

Chilled water

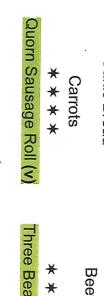
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# West Jesmond Primary School Menu September 2022 – July 2023 Week Three

Crusty Bread Mixed Salad	MONDAY Tomato & Mascarpone(v) Pasta
Fluffy Rice Apple & Cucumber Salad	TUESDAY Chicken Jalfrezi
Creamed Potatoes	WEDNESDAY  Turkey & Vegetable or  Halal Chicken & Vegetable
Garlic Bread	THURSDAY Spaghetti Bolognese or Halal Beef Bolognese
Chips Beetroot	FRIDAY

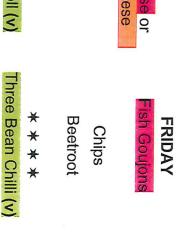






Quorn Sausage Roll (v)	***	Carrots		Garlic Bread
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***		<b>Ham Baguette</b>	***	Wholewheat Hoops
+	Sar	Chick	*	Gard

Filled Jacket Potato	illed Jacket Potato
* * *	* * *
Sandwich	
Chicken Mayo	Ham Baguette
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***	Ham Baguette	* * *	Wholewheat Hoops	Oven Roast Potatoes
* * * *	Chicken Mayo Sandwich	* * * *	Garden Peas	Fluffy Rice

Flapjack & Custard	DESSERT
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### (V) suitable for Vegetarians or (VG) Vegan diets Menus are subject to availability

Chocolate Cookie

Strawberry or Vanilla

Fresh Fruit or Yoghurt

Apple Crumble Muffin

DESSERT

DESSERT

DESSERT

Ice Cream

DESSERT

Choice of Cheese or Filled Jacket Potato

Filled Jacket Potato Choice of Cheese

Filled Jacket Potato Choice of Cheese

Choice of Cheese

Choice of Cheese

Baked Beans (v)
or with Salad

Baked Beans (v)
or with Salad

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Tuna Wrap \* \* \* \*

Cheese Savoury

\* \* \* \* Coleslaw

\* \* \* Sandwic Egg Mayo \* \* \* \* Beans

Baked Beans (v)

with Salad

Baked Beans (v)

r was with Salad

Baked Beans (v)
or with Salad

Seasoned Wedges

Diced Potatoes

Pitta Bread

Sweetcorn

Quorn Fillet (v) Southern Style

Margherita Pizza (v)