

# West Jesmond Primary School Menu September 2022 – July 2023

## Week One

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Cheese Omelette(V)		Chicken Korma or Halal Chicken Korma		Cheese & Tomato Pizza		Roast Turkey Sage & Onion Stuffing Halal Chicken Fillet		Salmon or Cod Fish Fingers Chips	
Hash Browns Baked Beans		Fluffy Rice Green Beans		Potato Wedges Crunchy Coleslaw		Creamed Potatoes Carrots		Mushy Peas	
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Quorn Bolognese (V)		Quorn Mince Pie(V)		Vegetable Fingers (V)		Pasta Pomodoro (V)		BBQ Quorn and Stir Fry Vegetables (V)	
Crusty Bread Garden Peas		Creamed Potatoes Turnip		Potato Wedges Wholewheat Hoops		Crusty Bread Broccoli		Egg Noodles	
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Egg & Cress Baguette		Cheese Savoury Sandwich		Ham Wrap		Tuna Sandwich		Ham Sandwich	
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Filled Jacket Potato Choice of Cheese or Baked Beans (V) with Salad		Filled Jacket Potato Choice of Cheese, Baked Beans (V) or Tuna with Salad		Filled Jacket Potato Choice of Cheese, Baked Beans (V) or Tuna with Salad		Filled Jacket Potato Choice of Cheese, Baked Beans (V) or Tuna with Salad		Filled Jacket Potato Choice of Cheese, Baked Beans (V) or Tuna with Salad	
DESSERT Fresh Fruit or Yoghurt		DESSERT Shortbread & Custard		DESSERT Strawberry Mousse		DESSERT Lemon Drizzle Cake & Custard		DESSERT Chocolate Brownie	
Also available every day:		Choice of:		Choice of drinks:					
		<ul style="list-style-type: none"> <li>• Salad bar</li> <li>• Fresh fruit selection</li> <li>• Yoghurt</li> </ul>		<ul style="list-style-type: none"> <li>• Fruit juice</li> <li>• Reduced fat milk</li> <li>• Chilled water</li> </ul>				<ul style="list-style-type: none"> <li>• Selection of fresh bread and rolls</li> </ul>	

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

- Cheese and biscuits

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Quorn Dippers (VG)</b> Potato Wedges Spaghetti Hoops * * * * <b>Quorn &amp; Chickpea Curry (V)</b> Vegetable Rice * * * * <b>Cheese Baguette</b>	<b>Mince &amp; Dumplings</b> <b>Halal Minced Lamb &amp; Dumplings</b> Creamed Potato Cauliflower * * * * <b>Quorn Meatballs in Tomato Sauce with Pasta (V)</b> Garlic Bread Garden Peas * * * * <b>Ham Sandwich</b>	<b>Roast Chicken</b> <b>Yorkshire Pudding</b> Mashed Potato Cabbage * * * * <b>Quorn Burger in Bun</b> Diced Potatoes Baked Beans * * * * <b>Tuna Wrap</b>	<b>Pork Sausages or</b> <b>Halal Chicken Sausages</b> Oven Roast Potatoes Mashed Turnip * * * * <b>Vegetarian Lasagne (V)</b> Crusty Bread Green Salad * * * * <b>Egg Sandwich</b>	<b>Battered Fish</b> Chips Mushy Peas * * * * <b>Cheese and Potato Pie (V)</b> Chips Coleslaw * * * * <b>Cheese Sandwich</b>
Filled Jacket Potato Choice of <b>Cheese</b> or <b>Baked Beans (V)</b> with Salad * * * * <b>DESSERT</b> Apple Pie & Custard	Filled Jacket Potato Choice of <b>Cheese</b> , <b>Baked Beans (V)</b> or <b>Tuna</b> with Salad * * * * <b>DESSERT</b> Fresh Fruit or Yoghurt	Filled Jacket Potato Choice of <b>Cheese</b> , <b>Baked Beans (V)</b> or <b>Tuna</b> with Salad * * * * <b>DESSERT</b> Vanilla Cookie	Filled Jacket Potato Choice of <b>Cheese</b> , <b>Baked Beans (V)</b> or <b>Tuna</b> with Salad * * * * <b>DESSERT</b> Sticky Orange Sponge & Custard	Filled Jacket Potato Choice of <b>Cheese</b> , <b>Baked Beans (V)</b> or <b>Tuna</b> with Salad * * * * <b>DESSERT</b> Frozen Yoghurt

Also available every day:

Choice of:

- Salad bar

Choice of drinks:

- Fruit juice

- Selection of fresh bread and

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- Fresh fruit selection
- Reduced fat milk
- Yoghurt
- Chilled water
- Cheese and biscuits
- rolls

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

### Week Three

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Tomato &amp; Mascarpone(V)</b> <b>Pasta</b> Crusty Bread Mixed Salad * * * * * <b>Southern Style Quorn Fillet (V)</b> Seasoned Wedges Beans * * * * * <b>Egg Mayo Sandwich</b> * * * * * Filled Jacket Potato Choice of <b>Cheese</b> or <b>Baked Beans (V)</b> with Salad <b>DESSERT</b> Chocolate Cookie	<b>Chicken Jalfrezi</b> Fluffy Rice Apple & Cucumber Salad * * * * * <b>Margherita Pizza (V)</b> Diced Potatoes Sweetcorn * * * * * <b>Tuna Wrap</b> * * * * * Filled Jacket Potato Choice of <b>Cheese</b> , <b>Baked Beans (V)</b> or <b>Tuna</b> with Salad <b>DESSERT</b> Strawberry or Vanilla Ice Cream	<b>Turkey &amp; Vegetable</b> or <b>Halal Chicken &amp; Vegetable Pie</b> Creamed Potatoes Broccoli * * * * * <b>Quorn Kofta (V)</b> with Savoury Rice Pitta Bread Coleslaw * * * * * <b>Cheese Savoury Sandwich</b> * * * * * Filled Jacket Potato Choice of <b>Cheese</b> , <b>Baked Beans (V)</b> or <b>Tuna</b> with Salad <b>DESSERT</b> Fresh Fruit or Yoghurt	<b>Spaghetti Bolognese</b> or <b>Halal Beef Bolognese</b> Garlic Bread Carrots * * * * * <b>Quorn Sausage Roll (V)</b> Oven Roast Potatoes Wholewheat Hoops * * * * * <b>Ham Baguette</b> * * * * * Filled Jacket Potato Choice of <b>Cheese</b> , <b>Baked Beans (V)</b> or <b>Tuna</b> with Salad <b>DESSERT</b> Apple Crumble Muffin	<b>Fish Goujons</b> Chips Beetroot * * * * * <b>Three Bean Chilli (V)</b> Fluffy Rice Garden Peas * * * * * <b>Chicken Mayo Sandwich</b> * * * * * Filled Jacket Potato Choice of <b>Cheese</b> , <b>Baked Beans (V)</b> or <b>Tuna</b> with Salad <b>DESSERT</b> Flapjack & Custard

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