

KEYWORTH PRIMARY SCHOOL LUNCHES

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1					
Meat/Fish	Jamaican Jerk Chicken with Rice & Peas	Beef Bolognese in Tomato Sauce with Spaghetti	Roast Chicken with Roast Potatoes and Gravy	Moroccan Lamb with Wholegrain Rice	Fish Fingers with Chips
Vegetarian	Jacket Potato with Coleslaw	Layered Potato Bake	Roasted Soya Fillet Strips with Roast Potatoes & Gravy	Margherita Pizza	Vegetable Cheese Burger with Chips
Vegetable	Tuna Pasta Bake	Vegetable Pasta	Carrots Green Vegetable Medley	Mixed Bean Salad Sweetcorn	Jacket Potato with Baked Beans + Baked Beans/Peas
Dessert	Fruit Salad/ Yoghurt	Fruit Salad/ Yoghurt	Fruit Salad/ Yoghurt	Fruit Salad/ Yoghurt	Fruit Salad/ Yoghurt
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 2					
Meat/Fish	Soya Strip Honey & Ginger Stir Fry with Rice	Spaghetti Bolognese	Roast Turkey with Roast Potatoes and Gravy	BBQ Chicken Pizza	Fish Fingers with Chips
Vegetarian	Macaroni Cheese / Jacket Potato with Ratatouille	Roasted Vegetable, Bean & Cheese Wrap	Vegetable & Butterbean Gratin with Roast Potatoes	Margherita Pizza / Neapolitan Pizza	Vegetarian Sausages & Chips
Vegetable	Carrots Cauliflower	Broccoli Roasted Butternut Squash	Green Beans Roasted Root Vegetables Honey	Shredded Green Cabbage Sweetcorn	Baked Beans Peas
Dessert	Fruit Salad/ Yoghurt	Fruit Salad/ Yoghurt	Fruit Salad/ Yoghurt	Fruit Salad/ Yoghurt	Fruit Salad/ Yoghurt
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3					
Meat/Fish	Chicken Tikka Masala & Vegetable Tikka Masala with Rice	Jamaican Jerk Chicken with Rice & Peas	Roast Beef with Roast Potatoes & Gravy	Chicken Sausage Mash & Gravy	Fish Fingers & Chips
Vegetarian	Jacket Potato with Cheese	Roasted Vegetable Frittata with Crushed Potatoes/ Jacket Potato with Baked Beans	Butternut Squash Risotto	Vegetable Sausage with Mash & Gravy	Mixed Vegetable & Chickpea Stir Fry with Rice
Vegetable	Carrots Peas	Cauliflower Green Cabbage	Carrots Leeks & Green Beans	Grilled Tomatoes Sweetcorn	Baked Beans Peas
Dessert	Fruit Salad/ Yoghurt	Fruit Salad/ Yoghurt	Fruit Salad/ Yoghurt	Fruit Salad/ Yoghurt	Fruit Salad/ Yoghurt
The following are available daily: Jacket potatoes; Freshly prepared salad bar with 4-6 choices; organic fresh white and wholemeal crusty bread; chilled water					