

3 Choice Primary Menu APRIL 2017 - West Hill Primary School

Monday (Week 1)		Monday (Week 2) MEAT FREE DAY		Monday (Week 3)	
1	Organic Meatballs in a tomato sauce	1	Tomato Penne pasta with optional olives & basil DF VG	1	Mac 'n' Cheese VG
2	Stuffed Peppers with Quorn Mince	2	Smoked Lentil & Black bean Chilli served with Rice	2	Chicken wrapped in bacon with BBQ sauce on the side GF DF EF
S	Cous Cous with Mediterranean Roasted Vegetables	S	Pasta or Crusty Bread, Green leaf Salad & Coleslaw	S	Mixed summer Vegetables and Creamed Potato, Side Salad
D	Chocolate Cake with Chocolate Sauce	D	Melon & Grape Medley	D	Iced Caribbean Cake Banana, Pineapple & Orange
J-P	Jacket Potato with Beans and Cheese	J-P	Jacket Potato with cheese and Coleslaw	J-P	Jacket Potato with Cheese and Beans
Tuesday (Week 1) MEAT FREE DAY		Tuesday (Week 2)		Tuesday (Week 3) MEAT FREE DAY	
1	Cheese & Tomato Pizza VG	1	Westcountry Burger in a Bap	1	Homemade Quorn Spaghetti Bolognaise DF EF
2	Vegi Bolognaise	2	Mexican Bean Burrito	2	Vegetable Fajita VG
S	Baked beans, Sweetcorn & Tomato Ketchup	S	Peas & Wedge Potatoes	S	Peas & Coleslaw
D	Toffee Apple Crumble & Custard	D	Jayne's Dairy Free chocolate Orange Iced Cake	D	Raspberry Mousse Slice
J-P	Jacket Potato with Cheese and Beans	J-P	Jacket Potato with Cheese and Beans	J-P	Jacket Potato with Cheese and Coleslaw
Wednesday (Week 1)		Wednesday (Week 2)		Wednesday (Week 3)	
1	Roast Beef with Roast or Creamed Potatoes and Yorkshire Pudding DF EF	1	Roast Chicken & Stuffing DF EF	1	Roast Pork & Apple Sauce with Roast or Creamed Potatoes DF EF
2	Homemade Veggie Roast VG	2	Cheese & Potato Bake VG EF	2	Homemade Veggie Plait VG
S	Cabbage, Carrot & Gravy	S	Roast Potatoes or Mashed Potatoes, Broccoli, Carrots & Gravy	S	Carrots, Green Beans & Gravy
D	Cheese & Biscuits with Grapes or Apple Slice or Ambrosia Rice Pot	D	Banana Split served with a Fruit Coulis	D	Fresh Fruit Platter with Milkshake or Ambrosia Rice Pot
J-P	Jacket Potato with Cheese	J-P	Jacket Potato with Cheese	J-P	Jacket Potato with Cheese
Thursday (Week 1)		Thursday (Week 2)		Thursday (Week 3)	
1	Homemade Lasagne		Homemade Cheese Wheels with Corn on the Cob & Crusty Bread VG	1	Oven baked Sausage
2	Quorn Sausages with creamed potatoes	2	Chicken & Sweetcorn Pasta Bake	2	Quorn Sausage EF VG DF
S	Salad, Crusty Bread Slice, Creamed Potato, Peas & Sweetcorn	S	Salad &/or Peas	S	Diced Potatoes, Baked Beans, sweetcorn
D	Flapjack Slice with a Fruit drink	D	Lemon Mousse Slice	D	Fruit Jelly
J-P	Jacket Potato with Cheese and Coleslaw	J-P	Jacket Potato with Cheese and Beans	J-P	Jacket Potato with Cheese and Beans
Friday (Week 1)		Friday (Week 2)		Friday (Week 3)	
1	Harry Ramsdens Battered Fish	1	Fish fingers GF DF	1	Seaside Battered Fish
2	Cheese and Onion Pasty VG	2	Quorn Burger VG	2	Stir Fry vegetables & Tofu with noodles and a sweet Chilli Sauce VG
S	Chips or Pasta, Seasonal Vegetables & Tomato Ketchup	S	Chips or Pasta, Seasonal Vegetables & Tomato Sauce	S	Chips or Pasta, Seasonal Vegetables & Tomato ketchup
D	Oat & Sultana Cookie with a milk drink	D	Fruit muffin with Milkshake	D	Chocolate & Raisin Cracknel Fruit juice drink
J-P	Jacket Potato with cheese and tuna	J-P	Jacket Potato with Cheese and Tuna	J-P	Jacket Potato with Cheese and tuna