

PRIMARY SCHOOL AUTUMN MENU 2023

Week One : Monday 4th September 2023, Monday 25th September 2023, Monday 16th October 2023, Monday 13th November 2023, Monday 4th December 2023				
	Main One	Main Two	Served with	Dessert
Monday	Cod Bites	Wrap of the day - various fillings available	Mini Potato Waffles and Sweetcorn	Manx Dairy Ice Cream
Tuesday	Homemade Chicken Pie	Vegetable Nuggets vg	Potato Noisettes and Peas	Yoghurt / Cereal Bar / Fruit
Wednesd	Roast Turkey, Yorkshire Pudding and Gravy	Jacket Potato - various fillings available	Roast Potatoes and Cauliflower	Lemon Drizzle Cake
Thursday	Tomato and Mozzarella Pizza v	Cheese and Onion Pasty v	Oven Baked Chips and Carrots	Yoghurt / Cereal Bar / Fruit
Friday	Beef Bolognese with Penne Pasta	Jacket Potato - various fillings available	Salad Selection	Cheese and Biscuit
Week Two : Monday 11th September 2023, Monday 2nd October 2023, Monday 30th October 2023, Monday 20th November 2023, Monday 11th December 2023				
Monday	Plaice Goujons	Wrap of the day - various fillings available	Saute Potatoes and Green Beans	Shortbread Biscuit
Tuesday	Cottage Pie	Meat free Sausages vg	Mashed Potato and Mixed Vegetables	Yoghurt / Cereal Bar / Fruit
Wednesd	Butchers Pork Sausages	Jacket Potato - various fillings available	Oven Baked Chips and Baked Beans	Sticky Toffee Pudding with Sticky Toffee Sauce
Thursday	Fresh Beef Burger in Soft Bap	Southern Fried Quorn Burger in Soft Bap v	Oven Baked Potato Wedges and Carrots	Yoghurt / Cereal Bar / Fruit
Friday	Chicken Goujons	Jacket Potato - various fillings available	Mini Potato Waffles and Sweetcorn	Fruit Flavoured Jelly
Week Three : Monday 18th September 2023, Monday 9th October 2023, Monday 6th November 2023, Monday 27th November 2023, Monday 18th November 2023				
Monday	Fish Fingers	Wrap of the day - various fillings available	Oven Baked Chips and Garden Peas	Frozen Strawberry Mousse
Tuesday	Shepherds Pasty	Tomato Napolitana Pasta Bake with Garlic Bread v	Mini Hash Browns and Spaghetti Hoops	Yoghurt / Cereal Bar / Fruit
Wednesd	Roast Gammon, Yorkshire Pudding and Gravy	Jacket Potato - various fillings available	Roast Potatoes and Broccoli	Carrot Cake
Thursday	Chicken Korma with Rice and Naan Bread	Country Vegetable Gratin v	Salad Selection	Yoghurt / Cereal Bar / Fruit
Friday	Beef Lasagne with Garlic Bread	Jacket Potato - various fillings available	Salad Selection	Chocolate Chip Cookie

Please note meals may not be served in the order printed above, our Cooks may need to change the menu at short notice, if for instance there is a problem with food deliveries or a school activity has been arranged but we will try to keep these changes to a minimum.

Fresh bread, a selection of salad and a variety of fresh fruit and yoghurts is available every day.

MSC-MARINE STEWARDSHIP APPROVED AND SMART CRUMB COATED

***v** : suitable for vegetarians **vg** : suitable for vegans and vegetarians*

Nutritional and Dietary Information for the above menu is available on request from Christine.Swales2@gov.im