

PRIMARY SCHOOL LUNCH MENU



Autumn term

week 1

Monday

VEGETARIAN

Jacket potato with cheese
Baked beans
Natural yoghurt with a strawberry swirl

Tuesday

MEAT

Lasagne or
Vegetable lasagne
Lettuce, cucumber and tomato
Apricot flapjack or fresh fruit

Wednesday

VEGETARIAN

Chocolate bean chilli
Flatbread
Fruit jelly

Thursday

MEAT

Roast chicken or
Roasted vegetable loaf
Roast potatoes, gravy and vegetable of the day
Fruit mousse

Friday

FISH

Breaded fish bites or
Mac 'n' cheese balls
Sweet potato chips and peas
Chocolate rice crispy squares or fresh fruit

week 2

VEGETARIAN

Minestrone soup
Wholemeal roll
Natural yoghurt with a raspberry swirl

MEAT

Mild chicken curry or
Sweet potato curry
Rice and sweetcorn
Fruit jelly

VEGETARIAN

Vegetarian sausage casserole
Mashed potato and vegetable of the day
Apple and banana cake or fresh fruit

MEAT

Beef and butternut stew or
Butternut squash and cannellini bean stew
Mashed potato and green beans
Fruit mousse

FISH

Tuna and sweetcorn fishcakes or
Sweet potato and chickpea burger
Lettuce, cucumber and tomato
Carrot cake or fresh fruit

week 3

VEGETARIAN

Tomato pasta
Garlic bread and grated cheese
Natural yoghurt with diced strawberries

MEAT

Chicken goujons or
Quorn goujons
Potato wedges and coleslaw
Fruit mousse

VEGETARIAN

Cheese and tomato pizza
Grated carrot and sweetcorn
Chocolate and date pudding or fresh fruit

MEAT

Cottage pie or
Vegetable pie
Vegetable of the day
Fruit jelly

FISH

Popcorn salmon or
Cheese and broccoli quiche
Chips and peas
Apple crumble and custard or fresh fruit

This menu has been approved by -
Health and Wellbeing Dietitian, Government of Jersey
Email – communitydietitian@health.gov.je

For enquiries please flourish@caringschoolsofjersey.com
or call us on 01534 710917.



IN PARTNERSHIP WITH

