

A black and white line drawing of a dining set. It consists of a large circular plate with a double-line border, a fork to the left, and a knife to the right. The text is centered on the plate.

Broadfield Primary School
School Meal Menu
Autumn 2022

Week 1

Meat – Free Monday

Tuesday

Wednesday

Thursday

Friday

Homemade Broccoli Quiche **2,4,7**

or

Ratatouille Ravioli **2**
With creamy tomato sauce **(7,9,13)** & French bread **2**

or

Jacket Potato with Cheese **7**, Tuna **5,4,9**

o

Jacket Potato, Carrots, Salad Bar, Bread Selection

o

Yoghurt **7**

Seasonal Fresh Fruit

Biscuits

Keema & Naan Bread **2**

or

Quorn Dippers **2,4,7** with Tomato Ketchup

or

Wholemeal Cheese Bap **2,7** with salad, baked tortilla chips & homemade salsa

o

Garden Peas, Bombay Potatoes, Salad bar, Bread Selection **2**

o

Yoghurt **7**

Seasonal Fresh Fruit Buns **2,4**

Roast Chicken, stuffing, boiled potato & gravy **2**

or

Oven roasted vegetables with pasta & Arrabiata sauce **2,7**

or

Jacket Potato with Cheese **7**, baked beans, salad

o

Boiled Potatoes Broccoli, Cauliflower, salad bar, bread selection **2**

o

Seasonal Fresh Fruit Yoghurt **7**

Cheese & crackers **7,2**

Chicken Balti, rice & Naan Bread **2**

or

Bean Pie **2** & mashed potato

or

Tuna Mayo Roll **4,5,9,2** with side salad, baked tortilla chips & homemade salsa

o

Sliced Green beans, Mash Potato **14**, Salad Bar, Bread Selection **2**

o

Seasonal Fresh Fruit Yoghurt **7**

Jelly

Margherita Pizza on thin crust base **2,7**

or

Chickpea & Potato & Spinach Curry with Rice

or

Jacket Potato with Cheese **7**, baked beans, salad

o

Chips, Sweetcorn, , salad bar, bread selection **2**

o

Seasonal Fresh Fruit Yoghurt **7**

Vanilla Ice Cream **7, 10, 11**

We serve a selection of north west locally sourced seasonal produce within our menu cycle. A freshly prepared salad bar, jacket potatoes, wholemeal bread and seasonal fruits are available to accompany meals most days of the week. The allergens in each meal are highlighted in red where necessary.

1: Celery 2: Cereals containing gluten 3: Crustaceans 4: Eggs 5: Fish 6: Lupin 7: Milk

8: Molluscs 9: Mustard 10: Nuts 11: Peanuts 12: Sesame Seeds 13: Soya 14: Sulphur dioxide

Meat Free-Monday

Homemade Cheese Puff **7**

or

Veggie meat balls, with Arrabiata sauce & spaghetti **2**

or

Tuna mayo & sweetcorn wrap **4,5** with side salad, baked tortilla chips & homemade salsa

o

Mixed vegetables, salad bar, bread selection **2**

o

Yoghurt **7**

Seasonal Fresh Fruit

Biscuits **2**

Tuesday

Beef Taco **2** & Rice
or

Omelette **4,7** &
Jacket Potato

Or

Jacket Potato with cheese **7** or Tuna mix **4,5**, & side salad

o

Rice, jacket potato, garden peas, salad bar, bread selection

o

Yoghurt **7**

Seasonal Fresh Fruit

Chocolate Buns

2,4,13

Wednesday

Chicken & Leek Pie **2**
Mashed potato **14**,

gravy **2**

or

Fish Fingers &
Mashed Potato **14**

or

Egg mayo on wholemeal bread **2**, with side salad, baked tortilla chips & homemade salsa

o

Seasonal Fresh Fruit

Yoghurt **7**

Strawberry Flapjack

2

Thursday

Chicken Sausage **2,13,14** Boiled new Potatoes

or

Falafel Pouch **2** with salad & rice

or

Jacket Potato with Coronation Chicken **4** or Cheese **7** & salad

o

Peas & Carrots

o

Seasonal Fresh Fruit

Yoghurt **7**

Fruit Jelly

Friday

Tuna & Sweetcorn Pizza on thin wholemeal base **5,2**

or

Quorn Korma & Rice

or

Salmon Baguette **5,2** with side salad, baked tortilla chips & homemade salsa

o

Chips, Rice
Sweetcorn

o

Seasonal Fresh Fruit

Yoghurt **7**

Vanilla Ice Cream

7, 10, 11

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Meat-Free Monday

Cheese & Onion Pie **4,7,2,**
Mashed Potato **14**
or
Vegetable Lasagne **7**
Garlic Bread **7**
or
Jacket Potato with
Cheese **7** or Tuna
Mayo **4,5**
o
Mashed Potato **14**
Baked Beans,
broccoli, salad bar,
bread selection **2**
o
Seasonal Fresh Fruit
Yoghurt **7**
Chocolate Chip
Cookies
2,13

Tuesday

Chicken Tikka **9**
with Rice & Naan
Bread **2**
or
Vegan Sausage Roll
2,13,14 & Jacket
Potato
or
Jacket Potato with
Cheese **7** or Tuna
Mayo **5,7**
o
Mixed vegetables,
salad bar, bread
selection **2**
o
Seasonal Fresh Fruit
Yoghurt **7**
Shortbread Biscuit **2**
with orange wedge

Wednesday

Beef Burger **14** in a
bun **2** & Jacket
Potato
or
Bubble Fish **5** &
Jacket Potato
or
Jacket Potato with
Cheese **7** or baked
beans & salad
o
Peas, salad bar,
bread selection **2**
o
Apple Crumble **2** &
Custard **7**
Yoghurt **7**
Seasonal Fresh Fruit

Thursday

Beef Chilli & Rice
or
or
Chicken Wrap **2** with
side salad, baked
tortilla chips &
homemade salsa
o
Spicy Rice, Nachos,
Carrot batons, salad
bar, bread selection
o
Yoghurt **7**
Seasonal Fresh Fruit
Lemon & Forest Fruit
Sponge Cake **2,4**

Friday

Margarita Pizza **2,7**
or
Vegetable samosa **2**
or
Jacket Potato with
Cheese **7** or Tuna
Mayo **4,5** & Salad
o
Sweetcorn, salad bar,
bread selection **2**
o
Yoghurt **7**
Ice Cream **7, 10, 11.**
Fruit coulis & wafers
2,13
Seasonal Fresh Fruit

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