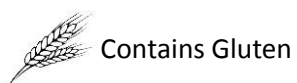


Benthal Primary School Lunch Menu – Week 1

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal Meat	Lamb Burgers	Sliced Roast Turkey with Gravy	Diced Lamb Jalfrezi and Veg Samosa	Tuna Pasta Bake	Veg Pizza
Main Meal Vegetarian	Veg Burgers	Lentil and Carrot Roast with Gravy	Chick Pea Curry and Veg Samosa	Veg Pasta Bake	
Carbohydrate	Wedges	Roast Potatoes	Pilau Rice	Garlic Bread	Chips
Side Vegetable	Corn on the Cob	Peas and Cabbage	Sweetcorn and Peas	Green Beans and Carrots	Broccoli
Salad	Salad Selection	Salad Selection	Salad Selection	Salad Selection	Salad Selection
Dessert	Lemon Drizzle Sponge Cake	Frozen Yoghurt	Slices of Melon	Cherry Pie and Custard	Fresh Fruit Salad with Strawberries
Drink	Water/Milk				



Contains Gluten



Contains Dairy



Contains Soya



















Contains Eggs

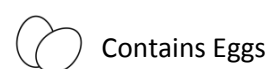
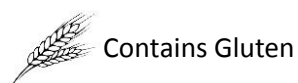


Contains Fish

Bread and Fresh Fruit is Available Everyday – All Chicken/Meat is Halal












Benthal Primary School Lunch Menu – Week 2

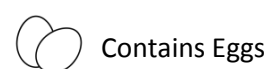
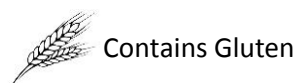
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal Meat	Sausage Roll (Chicken) 	Lamb Moussaka	Jacket Potato <i>with choice of 2 fillings:</i> Tuna  Cheese  Coleslaw, Baked Beans, Garlic Mushrooms, Sour Cream, Veg Chilli 	Chicken Casserole 	Baked Fish  Cod/Haddock with Parsley Sauce
Main Meal Vegetarian	Veg Sausage Roll 	Veg Moussaka		Veg Casserole 	Spinach and Feta Flan 
Carbohydrate	Sauté Potatoes	Garlic Bread 		Boiled Potatoes	Lemon and Coriander Cous-Cous 
Side Vegetable	Baked Beans	Corn & Carrots		Green Beans and Broccoli	Roast Red Peppers and Courgettes
Salad	Salad Selection	Salad Selection	Salad Selection	Salad Selection	Salad Selection
Dessert	Rice Pudding and Jam 	Gluten-Free Yoghurt and a Small Biscuit 	Peach Crumble and Crème Fraiche 	Slices of Melon	Chocolate Mousse  
Drink	Water/Milk				



Bread and Fresh Fruit is Available Everyday – All Chicken/Meat is Halal

Benthal Primary School Lunch Menu – Week 3

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal Meat	Chicken Sausages 	Lamb Steak & Gravy Pie 	BBQ Chicken Wings	Lamb Bolognese	Fish Fingers 
Main Meal Vegetarian	 Veg Sausages 	Veg Pie	Mushroom Stroganoff	Veg Bolognese	Spanish Omelette 
Carbohydrate	Mash Potato	Roast Potato	Seasonal Rice	Pasta Spaghetti  Garlic Bread	Wedges
Side Vegetable	Cauliflower and Peas	Broccoli and Carrot Sticks	Peas and Sweetcorn	Green Beans	Baked Beans
Salad	Salad Selection	Salad Selection	Salad Selection	Salad Selection	Salad Selection
Dessert	Apple Pie and Custard 	Fresh Fruit Salad with Strawberries	Frozen Yoghurt 	Pear Crumble and Crème Fraiche 	Rice Pudding and Jam 
Drink	Water/Milk				



Bread and Fresh Fruit is Available Everyday – All Chicken/Meat is Halal

Bread and Fresh Fruit is Available Everyday – All Chicken/Meat is Halal