

Week 1

Stoke Gabriel Primary School

Spring Menu 2023

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Bangers and Mash (West country pork sausages served with buttery mashed potato and gravy)	Mexican inspired Beef Enchilada (Tasty beef, peppers and beans; wrapped in a tortilla and baked in the oven with cheese)	Roast Chicken (Succulent roast chicken served with crispy roast potatoes and gravy)	Pepperoni Pizza (Freshly baked pizza slice, topped with pepperoni, served with seasoned curly fries)	Friday Fish & Chips (Fish Fingers, served with chips)
Vegetarian	Vegetarian Bangers and Mash (Quorn sausages served with buttery mashed potato and gravy)	Mexican inspired Vegetable Enchilada (Freshly cooked vegetables; wrapped in a tortilla and baked in the oven with cheese)	Roasted Quorn Fillet (Succulent roast Quorn fillet served with crispy roast potatoes and gravy)	Margherita Pizza (Freshly baked cheese and tomato pizza slice served with seasoned curly fries)	Vegetarian Burger (Vegetarian Burger, served with chips)
Other	Jacket Potato (Topping choices of Cheese, Beans and Tuna Mayo) Fresh Sandwich or Bread Roll (Filling choices of Ham, Cheese or Tuna Mayo)	Jacket Potato (Topping choices of Cheese, Beans and Tuna Mayo) Fresh Sandwich or Bread Roll (Filling choices of Ham, Cheese or Tuna Mayo)	Jacket Potato (Topping choices of Cheese, Beans and Tuna Mayo) Fresh Sandwich or Bread Roll (Filling choices of Ham, Cheese or Tuna Mayo)	Jacket Potato (Topping choices of Cheese, Beans and Tuna Mayo) Fresh Sandwich or Bread Roll (Filling choices of Ham, Cheese or Tuna Mayo)	Jacket Potato (Topping choices of Cheese, Beans and Tuna Mayo) Fresh Sandwich or Bread Roll (Filling choices of Ham, Cheese or Tuna Mayc
Sides	Seasonal Vegetables and Salad Bar	Seasonal Vegetables and Salad Bar	Seasonal Vegetables and Salad Bar	Seasonal Vegetables and Salad Bar	Peas or Baked Beans and Salad bar
Pudding	Toffee Apple Pancake Yoghurt or fruit available every day	Chocolate Marble Cake & Chocolate Custard Yoghurt or fruit available every day	Fresh Fruit Salad & Vanilla Ice Cream Yoghurt or fruit available every day	Lemon & Courgette Iced Muffin Yoghurt or fruit available every day	Raspberry Oat Bar Yoghurt or fruit available every day
Wook 2	Week Beginning: 09/01/23, 3	30/01/23, 27/02/23, 20/03/23			
Week 2	Week Beginning: 09/01/23, 3 Monday	30/01/23, 27/02/23, 20/03/23 Tuesday	Wednesday	Thursday	Friday
Week 2 _{Main}				Thursday Cheese & Ham Pizza Baguette (Oven baked cheese and ham topped baguette, served with seasoned potato wedges)	Friday Friday Fish & Chips (Battered Fish Fillet, served with chips)
	Monday Chicken Curry (Tender chicken, cooked in a mild korma curry sauce, served with Basmati rice and Naan	Tuesday Italian Style Meatballs (Tasty meatballs, cooked in a tomato sauce, served on a bed of fusilli pasta and garlic	Wednesday Toad in the Hole (Oven roasted sausages, served in a Yorkshire	Cheese & Ham Pizza Baguette (Oven baked cheese and ham topped baguette,	Friday Fish & Chips
Main	Monday Chicken Curry (Tender chicken, cooked in a mild korma curry sauce, served with Basmati rice and Naan bread) Vegetarian Curry (Butternut squash and sweet potato, cooked in a mild korma curry sauce, served with Basmati	Tuesday Italian Style Meatballs (Tasty meatballs, cooked in a tomato sauce, served on a bed of fusilli pasta and garlic bread) Italian Style Vegetarian Balls (Tasty vegetable balls, cooked in a tomato sauce, served on a bed of fusilli pasta and	Wednesday Toad in the Hole (Oven roasted sausages, served in a Yorkshire pudding with crispy roast potatoes and gravy) Vegetarian Toad in the Hole (Oven roasted Quorn sausages, served in a Yorkshire pudding with crispy roast potatoes	Cheese & Ham Pizza Baguette (Oven baked cheese and ham topped baguette, served with seasoned potato wedges) Cheese & Tomato Pizza Baguette (Oven baked cheese and tomato topped baguette, served with seasoned potato	Friday Fish & Chips (Battered Fish Fillet, served with chips) Vegetarian Frittata (Home-made cheese and vegetable frittata, oven baked and served with chips) Jacket Potato (Topping choices of Cheese, Beans and Tuna Mayo) Fresh Sandwich or Bread Roll
Main Vegetarian	Monday Chicken Curry (Tender chicken, cooked in a mild korma curry sauce, served with Basmati rice and Naan bread) Vegetarian Curry (Butternut squash and sweet potato, cooked in a mild korma curry sauce, served with Basmati rice and Naan bread) Jacket Potato (Topping choices of Cheese, Beans and Tuna Mayo) Fresh Sandwich or Bread Roll	Tuesday Italian Style Meatballs (Tasty meatballs, cooked in a tomato sauce, served on a bed of fusilli pasta and garlic bread) Italian Style Vegetarian Balls (Tasty vegetable balls, cooked in a tomato sauce, served on a bed of fusilli pasta and garlic bread) Jacket Potato (Topping choices of Cheese, Beans and Tuna Mayo) Fresh Sandwich or Bread Roll	Wednesday Toad in the Hole (Oven roasted sausages, served in a Yorkshire pudding with crispy roast potatoes and gravy) Vegetarian Toad in the Hole (Oven roasted Quorn sausages, served in a Yorkshire pudding with crispy roast potatoes and gravy) Jacket Potato (Topping choices of Cheese, Beans and Tuna Mayo) Fresh Sandwich or Bread Roll	Cheese & Ham Pizza Baguette (Oven baked cheese and ham topped baguette, served with seasoned potato wedges) Cheese & Tomato Pizza Baguette (Oven baked cheese and tomato topped baguette, served with seasoned potato wedges) Jacket Potato (Topping choices of Cheese, Beans and Tuna Mayo) Fresh Sandwich or Bread Roll	Friday Fish & Chips (Battered Fish Fillet, served with chips) Vegetarian Frittata (Home-made cheese and vegetable frittata, oven baked and served with chips) Jacket Potato (Topping choices of Cheese, Beans and Tuna Mayo)

Week Beginning: 16/01/23, 06/02/23, 06/03/23, 27/03/23

Week Beginning: 02/01/23, 23/01/23, 20/02/23, 13/03/23

week 3					
	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Mediterranean Chicken (Tray baked chicken and seasonal vegetables, served with crisp herby potatoes)	Pasta Bake (Fusilli pasta, red pepper and crispy bacon, baked in a tomato sauce, served with garlic	Roast Gammon (Roasted Gammon served with crispy roast potatoes and gravy)	Tuna and Sweetcorn Pizza (Freshly baked pizza slice, topped with tuna and sweetcorn, served with seasoned potato	Friday Fish & Chips (Cod Fish Bites, served with chips)
Vegetarian	Mediterranean Halloumi (Tray baked halloumi and seasonal vegetables, served with crisp herby potatoes)	bread) Vegetarian Pasta Bake (Fusilli pasta, red pepper and courgette, baked in a tomato sauce, served with garlic bread)	Vegetarian Roast (Vegetarian roast served with crispy roast potatoes and gravy)	wedges) Margherita Pizza (Freshly baked cheese and tomato pizza slice served with seasoned potato wedges)	Vegetarian Nuggets (Vegetarian Nuggets, served with chips)
Other	Jacket Potato (Topping choices of Cheese, Beans and Tuna Mayo) Fresh Sandwich or Bread Roll (Filling choices of Ham, Cheese or Tuna Mayo)	Jacket Potato (Topping choices of Cheese, Beans and Tuna Mayo) Fresh Sandwich or Bread Roll (Filling choices of Ham, Cheese or Tuna Mayo)	Jacket Potato (Topping choices of Cheese, Beans and Tuna Mayo) Fresh Sandwich or Bread Roll (Filling choices of Ham, Cheese or Tuna Mayo)	Jacket Potato (Topping choices of Cheese, Beans and Tuna Mayo) Fresh Sandwich or Bread Roll (Filling choices of Ham, Cheese or Tuna Mayo)	Jacket Potato (Topping choices of Cheese, Beans and Tuna Mayo) Fresh Sandwich or Bread Roll (Filling choices of Ham, Cheese or Tuna Mayo)
Sides	Seasonal Vegetables and Salad Bar	Peas or Baked Beans and Salad bar			
Pudding	Sticky Orange Cake Yoghurt or fruit available every day	White Chocolate Chip Cookie Yoghurt or fruit available every day	Gingerbread & Chocolate Ice Cream Yoghurt or fruit available every day	Apple Flapjack Yoghurt or fruit available every day	Jam Sponge & Custard Yoghurt or fruit available every day