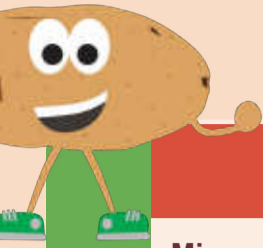


Homemade bread,  
selection of seasonal  
vegetables / fresh salad  
and fresh fruits served  
daily

# Alwoodley Primary School

**Wk 1** - 3rd Nov, 24th Nov,  
15th Dec, 5th Jan, 26th Jan,  
16th Feb, 9th Mar, 30th Mar  
**Wk 2** - 10th Nov, 1st Dec,  
22nd Dec, 12th Jan, 2nd Feb,  
23rd Feb, 16th Mar, 6th Apr  
**Wk 3** - 17th Nov, 8th Dec,  
29th Dec, 19th Jan, 9th Feb,  
2nd Mar, 23rd Mar, 13th Apr



**MON**

**TUES**

**WED**

**THUR**

**FRI**

**Minced Beef & Onion Pie with Gravy**

(Red Tractor Accredited Beef Mince & Onions in a light shortcrust Pastry served with Creamed Potatoes & Seasonal Vegetables)

**Golden Cheese Roll**  
(Cheese mix wrapped in Puff Pastry, served with Creamed Potatoes & Seasonal Vegetables)

**Jacket Potato with Baked Beans**  
(Baked Potato with Beans in a Tomato Sauce)

**Banana Muffins**  
(A fluffy Vanilla Sponge, with Bananas & drizzled with Icing)

**Chicken Tikka Masala with Pilau Rice / Naan Bread**

(Red Tractor Accredited diced Chicken & Chickpeas in a mild Curry Sauce with Pilau Rice or Naan Bread)

**Halal Chicken Bhuna**  
(Red Tractor Accredited HMC Chicken stir fried and slow cooked in a spicy Bhuna Masala)

**Creamy Mac & Cheese**  
(A Macaroni Pasta dish, coated in a Creamy Mature Cheddar Sauce, served with Crusty Bread)

**Soya & Red Lentil Bolognese & Garlic Bread**  
(Soya Mince & Lentils in a rich tomato and herb sauce served with pasta & Garlic Bread)

**Creamy Rice Pudding with Strawberry Jam**  
(Creamy Milk pudding, served with Jam)

**Roast Meat Dinner**

(Red Tractor Accredited Meat (either Gammon, Turkey or Pork Loin) served with Yorkshire Pudding, Roasties & Gravy)

**Halal Roast Chicken Breast**  
(Red Tractor Accredited HMC Chicken Breast, served with Yorkshire Pudding, Roast Potatoes & Vegan Gravy)

**Toad in the Hole**  
(Quorn Sausage Baked in a light Batter, served with Roast Potatoes)

**Spaghetti Marinara**  
(A Tomato and mildly spiced Sauce combined into cooked Spaghetti, topped with Cheese)

**Fruity Flapjack**  
(A sweet Bar made with Oats, Golden Syrup & Butter with Fruit)

**Classic Cheese & Tomato Pizza with Coleslaw & Salad**

(Wholemeal 50/50 Base topped with a lightly spiced Sauce and topped with Mozzarella/Cheddar Cheese)

**Loaded Rainbow Pizza**  
(Wholemeal 50/50 Base topped with a lightly spiced Sauce, and topped with Mozzarella/Cheddar Cheese & Vegetables)

**Arrabiata Pasta**  
(Chilli Tomato Sauce with Lentils and Peppers, served with Pasta & Crusty Bread)

**Chocolate Sponge & Chocolate Sauce**  
(Homemade, light Chocolate Sponge, served with Chocolate Sauce)

**MSC Breaded Fish Fillet Fingers**

(MSC Fish Fillet Fingers, served with Seasoned Potatoes)

**Crispy Dippers**  
(A blend of Vegetables and Potato coated in Breadcrumbs served with Ketchup and baked Jacket Wedges)

**Jacket Potato with Cheese**  
(Baked Potato topped with grated Cheese, served with Salad)

**Strawberry Sponge & Custard**  
(Homemade, light Vanilla Sponge with a Strawberry Jam swirl, served with Custard)



**Beef & Red Lentil Bolognese & Garlic Bread**

(Red Tractor Accredited Beef Mince & Lentils in a Tomato Sauce served with Pasta & Garlic Bread)

**Halal Keema Biryani**  
(Red Tractor Accredited HMC Beef Mince & Peas in a Spicy Pilau Rice)

**Super Savoury Roll**  
(Flaky Puff pastry with a seasoned filling served with Salad & Coleslaw)

**Pomodoro Pasta**  
(A simple, delicious rich Tomato Sauce with Beans, served with Garlic Bread)

**Jacket Potato with Baked Beans**  
(Baked Potato with Beans in a Tomato Sauce)

**Marble Sponge & Chocolate Sauce**  
(Homemade Sponge with hints of both Vanilla & Chocolate Cake, served with Chocolate Sauce)

**Creamy Chicken Pasta & Crusty Bread**

(Red Tractor Accredited diced Chicken in a homemade Creamy Sauce with Garlic, served with Penne Pasta)

**Jacket Potato with Cheese**  
(Baked Potato topped with grated Cheese, served with Salad)

**BBQ Quorn Pasta**  
(Quorn Pieces in a Barbeque flavoured Tomato Sauce, served with Wholemeal Pasta)

**Apple Crumble & Custard**  
(Sliced Apples topped with Oat Crumble, served with Custard)

**Roast Meat Dinner**

(Red Tractor Accredited Meat (either Gammon, Turkey or Pork Loin) served with Yorkshire Pudding, Roasties & Gravy)

**Halal Roast Chicken Breast**  
(Red Tractor Accredited HMC Chicken Breast, served with Yorkshire Pudding, Roast Potatoes & Vegan Gravy)

**Zingy Peppers Pasta**  
(A zingy Tomato Sauce with Peppers served with Pasta)

**Sprinkle Cake**  
(Homemade Vanilla Sponge, lightly topped with Water Icing and Sprinkles)

**Classic Cheese & Tomato Pizza with Coleslaw & Salad**

(Wholemeal 50/50 Base topped with a lightly spiced Sauce and topped with Mozzarella/Cheddar Cheese)

**Mexican Style Burrito**  
(Rice, Sweet Potato, Beans & Vegetables seasoned with Mexican spices & baked in a Tortilla wrap)

**Jacket Potato with Tuna Mayo**  
(Baked Potato topped with Tuna Mayonnaise, served with Salad)

**Decorated Fruit Jelly**  
(Jelly with Fruit, topped with Fresh Cream)

**MSC Breaded Fish Fillet Fingers**

(MSC Fish Fillet Fingers, served with Seasoned Potatoes)

**Vegetable Pakoras**  
(Mixed Vegetables & Onion coated in Tempura Batter, served with Baked Jacket Wedges & Raita)

**Gallydale Biscuits**  
(Homemade, crumbly, Oaty Biscuit)

**Loaded Wedges with a Mild Mexican Chilli & topping**

(Red Tractor Accredited Beef Mince in a mild, homemade Chilli Sauce, served on Baked Jacket Wedges)

**Rainbow Jambalaya Jamboree**  
(Mildly spiced Rice with Peppers, Vegetables and Beans, served with Crusty Bread)

**Mascarpone Pasta**  
(A Creamy Sauce with Tomatoes, Mascarpone Cheese and Herbs, served with Crusty Bread)

**Jacket Potato with Baked Beans**  
(Baked Potato with Beans in a Tomato Sauce)

**Peaches & Ice Cream with Syrup**  
(Vanilla Ice Cream with Tinned Peach Slices with a Chocolate flavoured Syrup)

**Traditional Chicken Pie**

(Red Tractor Accredited diced Chicken Pieces in a rich Gravy with Vegetables, topped with a Golden Pastry Lid served with Potatoes)

**Halal Chicken Bhuna**  
(Red Tractor Accredited HMC Chicken stir fried and slow cooked in a spicy Bhuna Masala)

**Golden Cheese Whirl**  
(Cheese, Potato & Onion encase in Puff Pastry, served with baked Jacket Wedges)

**Jacket Potato with Cheese**  
(Baked Potato topped with grated Cheese, served with Salad)

**Vanilla Sponge**  
(Homemade, light Vanilla Sponge with a hint of Vanilla, served with Custard)

**Sausage in Gravy with Yorkshire Pudding**

(Red Tractor Accredited Sausage, served with Yorkshire Pudding)

**Halal Cottage Pie**  
(Red Tractor Accredited HMC Beef Mince in a Gravy with Onions, topped with Mashed Potatoes & Cheese served with Yorkshire Pudding & Gravy)

**Chinese Curry**  
(A Chinese Style Vegetable Curry served with Rainbow Rice)

**Apple Cake**  
(Baked Vanilla Sponge with blended Apples & topped with Icing Sugar)

**Classic Cheese & Tomato Pizza with Seasoned Potatoes**

(Wholemeal 50/50 Base topped with a lightly spiced Sauce and topped with Mozzarella/Cheddar Cheese & Seasoned Potatoes)

**Spicy Vegetable Spring Roll**  
(Spicy Vegetable encased in Pastry)

**Mini Power Ball Pizza**  
(Wholemeal 50/50 Base topped with a lightly spiced Sauce and topped with Mozzarella/Cheddar Cheese & Meatless Balls)

**Chocolate Sponge & Chocolate Sauce**  
(Homemade, light Chocolate Sponge, served with Chocolate Sauce)

**MSC Salmon & Sweet Potato Fishcake**

(MSC Salmon & Sweet Potato, served with Seasoned Potatoes)

**American Style Quorn Hot Dog**  
(Quorn Sausage, served in a White Bun with Seasoned Potatoes)

**Freshly Prepared Fruit**  
(Platter of freshly prepared Fruit)

WEEK 1

WEEK 2

WEEK 3



the **food quarter**

**FM SERVICES**

For full allergen & nutritional information head to our app

