
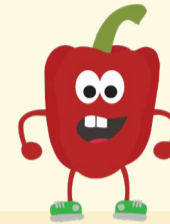
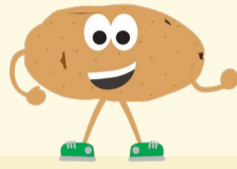


Week 1: 13th Apr, 4th May,
25th May, 15th Jun, 6th Jul,
27th Jul, 17th Aug, 7th Sep,
28th Sep, 19th Oct

 **Homemade Bread,**
selection of seasonal
Vegetables / fresh Salad &
fresh Fruit served daily.

Selection of cold
Sandwiches served daily.

Alwoodley Primary School Menu



Mon

ProVeg Beef & Red Lentil Bolognese & Garlic Bread

Red Tractor accredited Beef Mince & Lentils in a Tomato & Vegetable Sauce, served with Pasta & Garlic Bread.



Soya Mince Chilli with Rice & Nachos
Soya Mince in a spicy Tomato Sauce, served with Rice & Nachos.



American-style Quorn Hot Dog
Quorn Sausage served in a Bun, with Seasoned Potatoes.

Assorted Jacket Potatoes



Lemon Shortcake & Custard
A rich Shortbread finger with a hint of Lemon, served with Custard.

Tue

Pork & Apple Whirl
Red Tractor Accredited Sausage Meat and Apples, encased in Pastry.



Halal Chicken & Spinach
Red Tractor Accredited HMC diced Chicken & Spinach in a Tomato based Curry Sauce, served with Pilau Rice / Naan Bread.



Pomodoro Pasta
A simple, delicious, rich Tomato Sauce with Beans, served with Crusty Bread.



Hot Sub Roll



Sprinkle Cake
Homemade - reduced sugar - Vanilla Sponge, lightly topped with water Icing and Sprinkles.

Wed

Roast Meat Dinner
Red Tractor Accredited Meat (either Gammon, Turkey or Pork Loin) served with Yorkshire Pudding, Roast Potatoes, Seasonal Veg & Gravy.



Halal Roast Chicken Breast
Red Tractor accredited HMC Chicken Breast, served with Yorkshire Pudding, Roast Potatoes & Vegan Gravy.



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



Decorated Fruit Jelly
Jelly with Fruit, topped with Fresh Cream.

Thu



Classic Cheese & Tomato Pizza
Wholemeal 50/50 base, topped with a lightly spiced Sauce and topped with Mozzarella / Cheddar Cheese, served with Chips / Jacket Wedges.



Baked Tortilla Wrap with Julienne of Veg
Vegetables in a Sauce, topped with Cheese in a Tortilla wrap. Served hot with Chips / Jacket Wedges.

Selection of Sandwiches



Chocolate Sponge & Chocolate Sauce
Homemade, light Chocolate Sponge, served with Chocolate Sauce.

Fri

MSC Breaded Fish Fillet Fingers
MSC Fish Fillet Fingers, served with Chips / Jacket Wedges.

MSC Salmon & Sweet Potato Fishcake
MSC Salmon & Sweet Potato, served with Chips / Jacket Wedges.

Assorted Jacket Potatoes



Vanilla Cookie
Custard flavoured Cookie.




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Week 2: 20th Apr, 11th May,
1st Jun, 22nd Jun, 13th Jul,
3rd Aug, 24th Aug, 14th Sep,
5th Oct, 26th Oct

 **Homemade Bread,**
selection of seasonal
Vegetables / fresh Salad &
fresh Fruit served daily.

Selection of cold
Sandwiches served daily.

Alwoodley Primary School Menu

Mon

 **ProVeg Mild
Chicken Curry**
Indian inspired
aromatic Red Tractor
Chicken, Sweet
Potato & Vegetable
Curry, served with
Rainbow Rice.

 **ProVeg Creamy
Mac & Cheese**
A Macaroni
Pasta dish, coated
in a creamy Mature
Cheddar Sauce,
served with crusty
Bread.

 **Mascarpone
Pasta**
A creamy Sauce
with Tomatoes,
Mascarpone Cheese
and Herbs, served
with Crusty Bread.

**Assorted
Jacket
Potatoes**


 **Paris Sandwich**
A light, sweet
Pastry with Jam,
sandwiched in
between, served with
Custard.

Tue

 **Homemade
Cheese & Onion
Pasty**
Creamed Potatoes
with Cheese &
Onions encased in
Pastry.

 **Super
Savoury Roll**
Flakey Puff Pastry
with a seasoned
filling, served with
Seasoned Potatoes.


 **Homemade BBQ
Quorn with Rice**
Quorn Pieces in a
Barbeque flavoured
Tomato Sauce, served
with Rainbow Rice.


 **Hot Sub Roll**


 **Peaches & Ice
Cream with Syrup**
Vanilla Ice Cream
with Tinned Peach
Slices, with a
Chocolate flavoured
Syrup.

Wed

Roast Meat Dinner
Red Tractor Accredited
Meat (either Gammon,
Turkey or Pork Loin)
served with Yorkshire
Pudding, Roast
Potatoes, Seasonal Veg
& 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.

 **Lemon Drizzle**
A fluffy Lemon
Sponge with Icing
Drizzle, served with
optional Custard.

Thu

**Tuna &
Sweetcorn Pizza**
Wholemeal 50/50 base,
topped with a lightly
spiced Sauce and topped
with Mozzarella /
Cheddar Cheese & Tuna,
served with Chips /
Jacket Wedges.

 **Classic Cheese &
Tomato Pizza**
Wholemeal 50/50 base,
topped with a
lightly spiced Sauce
and topped with
Mozzarella / Cheddar
Cheese, served with
Chips / Jacket Wedges.

 **Arrabiata Pasta**
Chilli Tomato Sauce
with Lentils & Peppers,
served with Pasta &
Crusty Bread.

**Selection of
Sandwiches**


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

Fri

**Beef Burger
in a Bun**
Red Tractor Accredited
Beef & Spinach
Burger, served in a Bun
with Chips / Baked Potato
Wedges.

 **Halal Chicken
Burger in a Bun**
Red Tractor
accredited HMC
Chicken Burger,
served in a Bread Roll
with Salad and Chips
/ Jacket Wedges.

 **Quorn Pattie
Burger in a Bun**
Quorn
Sausage-style
Pattie, served in
a Breadcake with
baked Jacket
Wedges / Chips.

 **Gallydale Biscuits**
Homemade, crumbly,
Oaty Biscuit.




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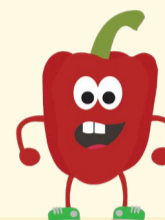
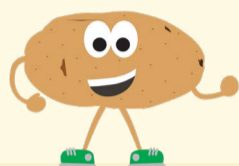
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Week 3: 27th Apr, 18th May,
8th Jun, 29th Jun, 20th Jul,
10th Aug, 31st Aug, 21st Sep,
12th Oct, 2nd Nov

 **Homemade Bread,**
selection of seasonal
Vegetables / fresh Salad &
fresh Fruit served daily.

Selection of cold
Sandwiches served daily.

Alwoodley Primary School Menu



Mon

 **ProVeg Rich & Creamy Meat Lasagne**
Red Tractor Accredited Beef Mince in a rich Tomato Sauce with Vegetables, Herbs & Garlic, layered with Pasta Sheets & a Creamy Cheese Sauce, served with Garlic Bread.

 **Rich & Creamy Vegetarian Mince Lasagne**
Soya Mince & Vegetables in a rich Tomato Sauce with Vegetables, Herbs & Garlic, layered with Pasta Sheets & a Creamy Cheese Sauce, served with Garlic Bread.

 **Homemade BBQ Quorn with Rice**
Quorn Pieces in a Barbeque flavoured Tomato Sauce, served with Rainbow Rice.

Assorted Jacket Potatoes


 **Flapjack**
A sweet Bar made with Oats, Golden Syrup & Butter.


Tue

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 Keema & Peas**
Red Tractor Accredited HMC Beef Mince & Peas, served with Spicy Pilau Rice.


 **Golden Cheese Whirl**
Cheese, Potato & Onion, encased in Puff Pastry, served with Seasoned Potatoes.

 **Hot Sub Roll**

 **Strawberry Sponge & Custard**
Homemade, light Vanilla Sponge with a Strawberry Jam Swirl, served with Custard.

Wed


Sausage Pie
Red Tractor Accredited Sausage in Gravy, topped with Cheesy Mashed Potatoes, served with Yorkshire Pudding.


 **Halal Roast Chicken Breast**
Red Tractor accredited HMC Chicken Breast, served with Yorkshire Pudding, Roast Potatoes & Vegan Gravy.


 **Quorn Roast Dinner**
Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Vegan Gravy.

 **Pears & Ice Cream with Syrup**
Vanilla Ice Cream with Tinned Pear Slices, with a Chocolate flavoured Syrup.


Thu

 **Classic Cheese & Tomato Pizza**
Wholemeal 50/50 base, topped with a lightly spiced Sauce and topped with Mozzarella / Cheddar Cheese, served with Chips / Jacket Wedges.

 **Mini Power Ball Pizza**
Wholemeal 50/50 base topped with a lightly spiced Sauce, and topped with Mozzarella / Cheddar Cheese & Meatless Balls, served with Chips / Jacket Wedges.

 **ProVeg Indian-style Sausage Rolls**
Puff Pastry with a Vegan Filling, served with Chips / Jacket Wedges.

 **Selection of Sandwiches**

 **Chocolate Sponge & Chocolate Sauce**
Homemade, light Chocolate Sponge, served with Chocolate Sauce.

Fri

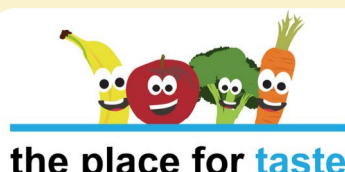
MSC Breaded Fish Fillet Fingers
MSC Fish Fillet Fingers, served with Chips / Jacket Wedges.

 **Vegetable Pakoras**
Mixed Vegetables & Onion coated in Tempura Batter, served with Chips / baked Jacket Wedges & Riata.

 **Butterfly Buns**
Individual, decorated Sponge-based Dessert.



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