

New Valley Primary School

WEEKLY MENU

WEEK 1
WEEK 2
WEEK 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	BBQ Chicken Pizza (MK, G/W)	Piri Piri Chicken	Beef & Lentil Cottage Pie (G/B*, W*)	Butter Chicken Curry (G/B*, O*, R*, W*)	Battered Fish or Salmon Fishcakes & Chips (F, G/W)
VEGGIE	Margherita Pizza (MK, G/W)	Piri Piri Quorn & Veggies (CE, E, MU, G/B, O*, R*, W)	Roasted Vegetable & Five Bean Cottage Pie (MU*, SO*, G/B*, O*, R*, W*) V S	Chickpea & Vegetable Masala (CE, MK, G/B*, O*, R*, W*) S	Vegan Nuggets & Chips (G/W) V
SIDES	Homemade Potato Wedges & Green Salad V	Steamed Rice & Green Beans V	Roasted Carrots & Parsnips V S	Steamed Rice & Green Beans V	Beans or Peas V
PASTA & JACKET	Vegan Roasted Vegetable Pasta (G/W) V	Jacket & Salad	Tomato & Basil Pasta (CE, G/W) V	Jacket & Salad	Mac & Cheese (MK, G/W)
PUD	Banana Cake with Custard (E, MK, SO*, G/W)	Chocolate & Orange Brownie (E, MK, SO, G/B*, W)	Apple Crumble with Custard (MK, G/W) S	Carrot Cake (E, MK, SO*, G/B*, O*, W) S	Cinnamon Swirl (G/W) V

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT

THEME DAYS



DATES

1 SEP / 22 SEP /
13 OCT / 10 NOV /
1 DEC

ALLERGENS

CE = CELERY F = FISH G/O = OATS L = LUPIN MU = MUSTARD SO = SOYA * = MAY CONTAIN
CR = CRUSTACEAN G = GLUTEN G/R = RYE MK = MILK N = NUTS SU = SULPHUR V = VEGAN
E = EGGS G/B = BARLEY G/W = WHEAT MO = MOLLUSCS P = PEANUTS SE = SESAME SEEDS S = SEASONAL VEG



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WEEKLY MENU

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WEEK 2
WEEK 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Hoi Sin Chicken Stir Fry (CE, MU*, SO, G/W)	Beef Burger (SE*, SO, SU, G/W)	Roast Chicken & Gravy	Beef & Lentil Bolognese Pasta Bake (MK, G/B*, W)	Fish Fingers or Salmon Fishcake & Chips (F, G/W)
VEGGIE	Hoi Sin Quorn & Vegetable Stir Fry (CE, E, MU*, SO, G/W)	Vegetable Burger (SE*, G/W)	Roasted Vegetable Filo Parcel with Homemade Tomato Sauce (G/W)	Mac & Cheese (MK, G/W)	Cheese & Tomato Pinwheel (MK, G/W)
SIDES	Egg Fried Rice & Stir Fried Greens (E, SO, G/W)	Homemade Potato Wedges with Baked Beans or Green Salad	Rustic Roast Potatoes with Roasted Carrots & Parsnips	Mixed Green Salad & Coleslaw (E)	Beans or Peas
PASTA & JACKET	Vegan Roasted Vegetable Pasta (G/W)	Jacket & Salad	Tomato & Basil Pasta (CE, G/W)	Jacket & Salad	Mac & Cheese (MK, G/W)
PUD	Homemade Chocolate Cookie (E, MK, SO, G/W)	Chocolate & Orange Brownie (E, MK, SO, G/B*, W)	Apple Crumble with Custard (MK, G/W)	Orange Syrup Sponge with Vanilla Sauce (E, MK, SO*, G/W)	Ice Cream with Fresh Fruit (MK)

THEME DAYS



DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT

DATES

8 SEP / 29 SEP /
20 OCT / 17 NOV /
8 DEC

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WEEKLY MENU

WEEK 1
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WEEK 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Jerk Chicken Curry	Beef Lasagne with Lentils (E*, MK, G/B*, W)	Homemade Chicken Sausage Roll with Gravy (E, G/W)	Honey Glazed Chicken with Homemade Wedges (SO, G/W)	Battered Fish or Salmon Fishcakes & Chips (F, G/W)
VEGGIE	Sweet Potato, Chickpea & Coconut Curry (CE, G/B*, O*, R*, W) V S	Roasted Squash & Root Vegetable Lasagne (E*, MK, G/W) S	Homemade Roast Vegetable & Stuffing Roll (G/W) V	Honey Glazed Quorn with Homemade Wedges (SO, G/W)	Veggie Sausage Roll & Chips (MK*, SO, G/B, W)
SIDES	Rice & Peas with Green Beans V	Mixed Green Salad V	Rustic Roast Potatoes with Roasted Carrots & Parsnips V S	Carrots & Green Beans V S	Beans or Peas V
PASTA & JACKET	Vegan Roasted Vegetable Pasta (G/W) V	Jacket & Salad	Tomato & Basil Pasta (CE, G/W) V	Jacket & Salad	Mac & Cheese (MK, G/W)
PUD	Banana Cake with Custard (E, MK, SO*, G/W)	Fruit Jelly V	Lemon Drizzle Cake (E, MK, SO*, SU, G/W)	Caramel Apple Crumble with Custard (MK, G/W) S	Vanilla & Raisin Shortbread Biscuit (G/W) V

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT

THEME DAYS

LOVE BRITISH FOOD



FESTIVAL OF LIGHT



BONFIRE Night



Winter WONDERLAND



DATES

15 SEP / 6 OCT /
3 NOV / 24 NOV /
15 DEC

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