

'24 SUMMER MENU - WEEK 1



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN

-Pasta twists with roasted veg (G)(ND)

-Limited number of sandwiches, on whole wheat bread (G) - jam (ND)/cheese (D)

-Jacket potato with cheese (D)

-Chicken hotdogs with beans & salad (G)(ND)

-Quorn sausages with beans & salad (ND)

-Jacket potato (GF) with cheese (D) or tuna (F) with (D) or w/out mayo (ND)

-Beef burger with chips (G)(ND)

-Veggie burger (G)(ND)

-Jacket potato with coleslaw (D)

-Peri peri chicken with rice (ND)(GF)

-Quorn roast with rice (D)

-Jacket potato with beans (ND)(GF)

-Fish fingers (F)(G)(ND)

-Tofu with a miso glaze (ND) served with chips (GF) or noodles (G)

-Jacket potato with ratatouille (ND)(GF)

VEGETABLES

-Glazed carrots & cauliflower

-Seasonal greens

-Steamed mixed vegetables

-Carrots & peas

-Peas & sweetcorn

DESSERT

-Fruit crumble & custard (G)(D)(E)

-Poached pear & chocolate sauce (D)

-Chocolate brownie (D)(E)(G)

-Apple cobbler with custard (G)(D)(E)

-Arctic roll ice cream cake (G)(D)(E)

-Yogurt (D)

-Yogurt (D)

-Yogurt (D)

-Yogurt (D)

-Yogurt (D)

-Fresh fruit

-Fresh fruit

-Fresh fruit

-Fresh fruit

-Fresh fruit

ALLERGEN SYMBOLS:

G = CONTAINS GLUTEN, E = CONTAINS EGG

D = CONTAINS DAIRY, F = FISH

ND = NON-DAIRY, GF = GLUTEN FREE



Lancasterian Primary School

'24 SUMMER MENU - WEEK 2



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN

-Spaghetti with tomato & basil (G)(ND)

-Sharifas stewed peas w/rice (GF)(ND)

-Jacket potato with cheese (D)(GF)

-Yasmin's chicken biryani (GF)(ND)

-Vegetable biryani (GF)(ND)

-Jacket potato with tuna and sweetcorn (F)(GF)(D)

-Margherita pizza with seasoned wedges (D)(G)

-Spaghetti pomodoro with fresh basil (G)(ND)

-Jacket potato (GF) with cheese (D) or tuna (F) with (D) or w/out mayo (ND)

-Chicken tika served with fragrant rice & naan bread (D)(G)

-Vegetable tika (ND)(GF)

-Jacket potato (GF) with cheese (D) or tuna (F) with (D) or w/out mayo (ND)

-Fish cakes (D) or fish fingers (ND) with jacket wedges (F)(G)

-Cheese & tomato flan (D)(G)(E)

-Jacket potato with vegetable curry (ND)(GF)

VEGETABLES

-Green beans

-Diced swede & carrots

-Peas & sweetcorn

-Cauliflower & carrots

-Garden peas & spaghetti rings (G)(ND)

DESSERT

-Fruit whip (D)

-Yogurt (D)

-Fresh fruit

-Apple & banana crisp with custard (D)(E)(G)

-Yogurt (D)

-Fresh fruit

-Cheese crackers (D)(G)

-Melon

-Fresh fruit

-Apple pie with custard (D)(E)

-Yogurt (D)

-Fresh fruit

-Fruit jelly

-Yogurt (D)

-Fresh fruit

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'24 SUMMER MENU - WEEK 3



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN

-Pasta with arrabbiata tomato sauce & garlic bread (G)(D)

-Burrito (G) with beans, with (D) or w/out (ND) cheese

-Jacket potato with baked beans (ND)(GF)

-Reginas chicken jollof (ND)(GF)

-Vegetable jollof (ND)(GF)

-Jacket potato (GF) with cheese (D) or tuna (F) with (D) or w/out mayo (ND)

-Keema matar (beef curry & peas) with basmati rice (ND)(GF)

-Aloo palak (spinach & potato) (ND)(GF)

-Jacket potato (GF) with tuna (F) with (D) or w/out mayo (ND)

-Traditional lasagne (D)(G)
(Non-dairy lasagne version available)

-Vegetable lasagne (D)(G)

-Jacket potato with cheese (D)(GF)

-Fish fritters (E) or fish fingers (ND) & chips (F)(G)

-Vegetable stir fry with noodles (ND)(G)

-Jacket potato with cheese (D)(GF)

VEGETABLES

-Green beans & carrots

-Sweetcorn & peppers

-Steamed mixed vegetables

-Broccoli florets

-Baked beans

DESSERT

-Fruit crumble & custard (D)(G)

-Yogurt (D)

-Fresh fruit

-Carrot Cake (G)(D)(E)

-Yogurt (D)

-Fresh fruit

-Fresh fruit salad

-Yogurt (D)

-Fresh fruit

-Fruit trifle (G)(D)(E)

-Jelly

-Fresh fruit

-Ice cream (D)

-Yogurt (D)

-Fresh fruit

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'24 SUMMER MENU - Afterschool Club



WEEK 1

MONDAY

-Lamb samosa
(ND)(G)

VEGETARIAN

-Vegetable samosa
(ND)(G)

TUESDAY

-BBQ chicken wings
(ND)(GF)

VEGETARIAN

-Veggie nuggets
(D)(G)

WEDNESDAY

-Homemade chicken
sausage rolls (G)(ND)

VEGETARIAN

-Homemade vegetable
sausage rolls (G)(ND)

THURSDAY

-Chicken patty
(G)(D)

VEGETARIAN

-Vegetable patty
(G)(ND)

FRIDAY

-Margarita pizza
(G)(D)

VEGETARIAN

-Margarita pizza
(G)(D)

WEEK 2

-Cheese & tomato
tortilla (G)(D)

VEGETARIAN

-Cheese & tomato
tortilla (G)(D)

-Lamb burgers
(G)(ND)

VEGETARIAN

-Veggie burgers
(G)(ND)

-Lasagne & garlic
bread (G)(D)

VEGETARIAN

-Lasagne & garlic
bread (G)(D)

-Hot dog
(G)(ND)

VEGETARIAN

-Veggie dog
(ND)

-Pancakes with jam
or chocolate spread
(G)(D)

VEGETARIAN

-Pancakes with jam
or chocolate spread
(G)(D)

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