

HOLMLEIGH PRIMARY SCHOOL

2023 - 2024 MENU

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT OR FISH MAIN COURSE	SPAGUETTI A LA NORMA (ROAST AUBERGINE)	CHICKEN THIGHS WITH MUSHROOMS	TURKEY MEAT BALLS	ROAST CHICKEN DRUMSTICKS	FISH FINGERS
VEGETARIAN DISH	PENNE PASTA TOMATO AND CHEESE	RED KIDNEY BEANS WITH VEGETABLES	SPANISH OMELETTE	ROAST COURGETTE WITH VEGETABLES	RED LENTILLS CAKE
STARCHY FOOD	INCLUDED IN MAIN COURSE	RICE	MASH POTATOES	JOLLOF RICE	OVEN BAKED CHIPS
SALAD 1	BABY LEAF AND GEM LETTUCE	TROPICAL SALAD	QUINOA SALAD	MIXED SALAD	COLESLAW
SALAD 2	GRATED CARROT	SLICED TOMATOES	LETTUCE	CUCUMBER	CHERRY TOMATOES CHEESE
VEGETABLES	MIX CABBAGE BABY CARROTS	BROCCOLI CARROT AND PARSNIPS	CAULIFLOWER GREEN BEANS	MIX VEGETABLES SWEETCORN	BAKED BEANS MUSHROOMS
DESSERTS	SEASONAL FRUIT	MIX FRUIT SALAD	LEMON CAKE	SEASONAL FRUIT	YOGURT
DRINKS	WATER				
BREAD	BREAD				

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WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT OR FISH MAIN COURSE	MACARONI CHEESE	SHEPPERD'S PIE	CHICKEN CURRY	PIZZA	CHICKEN STRIPS
VEGETARIAN DISH	MACARONI PUTANESCA	VEGETARIAN PIE	RED LENTILLS WITH VEGETABLES	VEGETARIAN PIZZA	VEGETARIAN SPRING ROLLS
STARCHY FOOD	INCLUDED IN MAIN COURSE	INCLUDED IN MAIN COURSE	RICE	WEDGES	OVEN BAKED CHIPS
SALAD 1	GRATED CARROT	GREEN PEPPERS AND RED ONIONS IN BRINE	DICED TOMATOES	CHERRY TOMATOES	COLESLAW
SALAD 2	LETTUCE, OLIVES AND MIX PEPPERS	GREEN SALAD	MIXED SALAD	CUCUMBER	SPRING SALAD
VEGETABLES	GREEN BEANS CAULIFLOWER	BROCCOLI MIX VEGETABLES	RED CABBAGE BABY CARROT	PEAS SWEET CORN	BAKED BEANS CARROT AND PARSNIPS
DESSERTS	APPLE CRUMBLE	WATERMELON	TOFEE CAKE	SEASONAL FRUIT	FRUIT JUICE
DRINKS	WATER				
BREAD	BREAD				

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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT OR FISH MAIN COURSE	SPAGHETTI BOLOGNESE	CHICKEN SAUSAGES	TURKEY BBQ	CHILLI CON CARNE	SALMON FISH FINGER
VEGETARIAN DISH	MACARONI WITH SPINACH	BORLOTTI BEANS WITH VEGETABLES	MUSHROOMS AND ROAST VEGETABLES TACOS	RATATOUILLE	MEXICAN EMPANADAS
STARCHY FOOD	INCLUDED IN MAIN COURSE	MASH POTATOES	NEW POTATOES	RICE	OVEN BAKED CHIPS
SALAD 1	DICED TOMATOES	GRATED CARROT	MIXED SALAD	MIXED LETTUCE	COLESLAW
SALAD 2	LETTUCE	GREEN SALAD	CUCUMBER	BEET RAW GRATED	CHERRY TOMATOES
VEGETABLES	CAULIFLOWER MIX VEGETABLES	MIX CABBAGE CARROT AND PARSNIPS	SWEET CORN PEAS	MUSHROOMS GREEN BEANS	BAKED BEANS BABY CARROT
DESSERTS	SEASONAL FRUIT	MELON'S FESTIVAL	BANANA CAKE	SEASONAL FRUIT	ICE CREAM
DRINKS	WATER				
BREAD	BREAD				

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WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT OR FISH MAIN COURSE	MACARONI WITH TUNA	CHICKEN THIGHS PEPPERS SAUCE	CHICKEN KATSU	TUNA OR CHEESE	CHICKEN NUGGETS
VEGETARIAN DISH	TRICOLORE TOMATO AND CHEESE	CHICK PEAS WITH ROAST VEGETABLES	RED PEPPER FRITATTA	TARTLETS SPINACH	MOZARELLA STICKS
STARCHY FOOD	INCLUDED IN MAIN COURSE	COUSCOUS	RICE	JACKET POTATOES	OVEN BAKED CHIPS
SALAD 1	MIXED SALAD	CELERY, GREEN APPLE	BEETRAW, EGGS,CARROT SALAD	TOMATOES, RED ONION, PINEAPPLE AND CORIANDER	COLESLAW
SALAD 2	CHERRY TOMATOES	GRATED CARROT	SLICED TOMATOES	GRATED CUCUMBEERS	ROAST VEGETABLES SALAD
VEGETABLES	BROCCOLI RED CABBAGE	PEAS SWEET CORN	MIX VEGETABLES MUSHROOMS	CAULIFLOWER GREEN BEANS	BAKED BEANS
DESSERTS	SEASONAL FRUIT	FRUIT MACEDOINE	VANILLA AND CHOCOLATE CAKE	SEASONAL FRUIT	YOGURT
DRINKS	WATER				
BREAD	BREAD				

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WEEK 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT OR FISH MAIN COURSE	CHICKEN ALFREDO LINGUINE	JAMBALAYA RICE	LAMB CASSEROLE	CHICKEN BLACK BEANS SAUCE	COD FILLETS
VEGETARIAN DISH	CONCHIGLIE WITH CAULIFLOWER AND CORN	VEG FRIED RICE	ZUCCHINI SLICES	VEG NOODLES	VEGETARIAN SAMOSAS
STARCHY FOOD	INCLUDED IN MAIN COURSE	INCLUDED IN MAIN COURSE	BOILED POTATOES	ORIENTAL RICE	OVEN BAKED CHIPS
SALAD 1	GRATED CARROT	TOMATO,CUCUMBER, AVOCADO, CELERY	PASTA SALAD	MIX CABBAGE IN BRINE	COLESLAW
SALAD 2	SLICED CUCUMBER	LETTUCE	CHERRY TOMATOES	WATERCRESS AND ORANGE	ROAST TOMATOES AND CORIANDER
VEGETABLES	BABY CARROT PEAS	SWEET CORN GREEN BEANS	BROCCOLI RED CABBAGE	CAULIFLOWER MIX VEGETABLES	BAKED BEANS MUSHROOMS
DESSERTS	SEASONAL FRUIT	LEMON MOUSSE	CARROT CAKE	SEASONAL FRUIT	FRUIT JUICE
DRINKS	WATER				
BREAD	BREAD				