

1st Sept, 21st Sept, 12th Oct, 2nd Nov, 14th Dec, 4th Jan, 25th Jan

7th Sept, 28th Sept, 19th Oct, 9th Nov, 30th Nov, 21st Dec, 11th Jan, 1st Feb

14th Sept, 5th Oct, 26th Oct, 16th Nov, 7th Dec, 28th Dec, 18th Jan, 8th Feb

**Week 1**

MEAT OPTION

**Monday**

British Red Tractor Chicken Pot Pie  
GL

VEGETARIAN OPTION

Macaroni & Cauliflower Cheese, Topped with Rosemary Bread Crumbs  
GL - DA - SO - SE

JACKET POTATO OPTION

Jacket Potato With Beans

VEGETABLES

Carrots & Garden Peas

DESSERT

Fruit Yoghurt  
DA

**Tuesday**

Organic Chicken Meatballs & Wholegrain Rice with Pantry Tomato Sauce  
GL - SO - SU

Chickpea, Sweet Potato & Vegetable Curry with Wholegrain Rice  
DA

Jacket Potato With Tuna Mayonnaise  
FI - EG

Sweetcorn & Broccoli Florets

Chocolate & Beetroot Cake  
GL - DA - EG - SO

**Wednesday**

British Red Tractor Roasted Lemon & Thyme Chicken Breast with Roast Potatoes & Gravy  
SU - CE

Hand Made Vegetarian Plait with Roast Potatoes & Gravy  
GL - CE - SU

Jacket Potato With Cheese  
DA

Parsnips, Garden Peas & Carrots

Fruity Flapjack  
GL - DA - SO - EG

**Thursday**

British Red Tractor Beef Cottage Pie with Vegetables Topped with Sweet Potato  
GL - SU - CE

Hand Stretched Margherita Pizza with Pantry Slaw  
GL - DA

Jacket Potato With Beans

Mixed Vegetables

Iced Carrot Cake  
GL - DA - EG - SO

**Friday**

MSC Fish Fingers & Wedges  
GL - FI

Mixed Peppers & Vegetable Potato Skins  
DA

Jacket Potato With Cheese  
DA

Carrots & Garden Peas/ Baked Beans

Fresh Fruit Salad

**Week 2**

MEAT OPTION

**Monday**

British Red Tractor Chicken & Sweetcorn Pasta Bake in a Cauliflower White Sauce  
GL - DA

VEGETARIAN OPTION

Vegetarian Tikka with Wholegrain Rice  
DA

JACKET POTATO OPTION

Jacket Potato With Beans

VEGETABLES

Carrots & Broccoli Florets

DESSERT

Ice Cream  
DA

**Tuesday**

British Red Tractor Beef Chilli Con Carne with Whole Grain Rice (non spicy)  
GL - CE

Spanish Omelette Filled With Sweet Peppers  
DA - EG

Jacket Potato With Tuna Mayonnaise  
FI - EG

Sweetcorn & Cauliflower Florets

Blueberry Cake  
GL - DA - EG - SO

**Wednesday**

British Red Tractor Honey Glazed Turkey with Roast Potatoes & Gravy  
CE - SU

Vegetable Sausage With Roast Potatoes & Gravy  
GL - CE - SU

Jacket Potato With Cheese  
DA

Mixed Vegetables

Oaty Apple Crumble with Hidden Custard  
GL - DA - SO

**Thursday**

British Red Tractor Beef Pasta Bolognese Bake  
GL - SU - CE

Roast Vegetable Hot Pot with Gravy  
SU - CE

Jacket Potato With Beans

Carrots & Garden Peas

Upside Down Pineapple Cake  
GL - DA - EG - SO

**Friday**

Harry Ramsden Fish Fillet With Chips  
GL - FI

Layered Vegetable Lasagne  
GL - DA

Jacket Potato With Cheese  
DA

Carrots & Garden Peas/ Baked Beans

Fruit Wedges

**Week 3**

MEAT OPTION

**Monday**

Chicken Sausage with Mash Potato & Gravy  
DA - GL - SU

VEGETARIAN OPTION

Vegetable Sausage with Mash Potato & Gravy  
GL - CE - DA

JACKET POTATO OPTION

Jacket Potato With Beans

VEGETABLES

Carrots & Garden Peas

DESSERT

Fruit Yoghurt  
DA

**Tuesday**

MSC Creamy Fish Pie Topped with Mashed Potato  
GL - DA - FI

Vegetable Spaghetti in Pantry Tomato Sauce  
GL

Jacket Potato With Tuna Mayonnaise  
FI - EG

Sweetcorn & Broccoli Florets

Oaty Pear Crumble with Hidden Custard  
GL - DA - SO

**Wednesday**

British Red Tractor Roast Chicken With Roast Potatoes & Gravy  
CE - SU

Hand Made Vegetarian Wellington with Roast Potatoes  
GL - SU - CE

Jacket Potato With Cheese  
DA

Carrots & Shredded Cabbage

Strawberry Jelly

**Thursday**

British Red Tractor Traditional Beef & Roasted Vegetable Lasagne  
DA - GL

Hand Stretched Margherita Pizza with Pantry Slaw  
GL - DA

Jacket Potato With Beans

Mixed Vegetables

Lemon & Lime Drizzle Cake  
GL - DA - EG - SO

**Friday**

MSC Fish Fingers Wrap with Wedges  
GL - FI

Veggie Bean Fajitas with Wedges  
GL - DA

Jacket Potato With Cheese  
DA

Carrots & Garden Peas/ Baked Beans

Fresh Fruit Salad

**Primary School Menu**  
Autumn/Winter 2020 - 2021

**Food For Life GOLD Accredited Menu**



Freshly Baked Bread, Salad Bar & Fresh Fruit are available daily

Bread Contains - GL - DA - EG - SO / Yoghurt Contains - DA

**ALLERGY KEY**

CELERY - CE / GLUTEN - GL / CRUSTACEANS - CR / EGGS - EG / FISH - FI / LUPIN - LU / DAIRY - DA / MOLLUSCS - MO / MUSTARD - MU / NUTS - NU / PEANUTS - PE / SESAME SEEDS - SE / SOYA - SO / SULPHUR - SU



The Pantry's commitment to improving the standards of children's meals has been confirmed by receiving the Food for Life GOLD accreditation. The award confirms the use of fresh, ethically sourced ingredients that are used every day within our children's meals.