WEEK 1

PRIMARY SCHOOL MENU

NASCOT WOOD JUNIOR SCHOOL

20th Feb – 13th Mar – 3rd Apr – 24th Apr – 15th May – 5th Jun – 26th Jun – 17th Jul

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT Choice	Halal Beef Pasta Bolognaise (Allergies TBC)	Pork Sausages with Mash (Allergies TBC)	Roast Turkey, Roasted New Potatoes & Gravy (Allergies TBC)	Mild Creamy Butter Chicken with Rice (Allergies TBC)	Fish Fingers & Chips with Tomato Sauce (Allergies TBC)
VEGETARIAN Choice	Bean Burrito with Rice (Allergies TBC) VEGAN	Macaroni Cheese (Allergies TBC)	Shepardess Pie (Allergies TBC) VEGAN	Deep Pan Cheese & Tomato Pizza with Potatoes (Allergies TBC)	Vegan Sausage with Chips & Tomato Sauce (Allergies TBC) VEGAN
PASTA	Tomato Pasta (Allergies TBC) VEGAN	Tomato Pasta (Allergies TBC) VEGAN	Tomato Pasta (Allergies TBC) VEGAN	Tomato Pasta (Allergies TBC) VEGAN	Tomato Pasta (Allergies TBC) VEGAN
JACKET POTATO	Cheese, Beans & Tuna (Allergies TBC)	Cheese, Beans & Tuna (Allergies TBC)	Cheese, Beans & Tuna (Allergies TBC)	Cheese, Beans & Tuna (Allergies TBC)	Cheese, Beans & Tuna (Allergies TBC)
SANDWICH	Cheese, Ham or Tuna (Allergies TBC)	Cheese, Ham or Tuna (Allergies TBC)	Cheese, Ham or Tuna (Allergies TBC)	Cheese, Ham or Tuna (Allergies TBC)	Cheese, Ham or Tuna (Allergies TBC)
VEGETABLES	Sweetcorn & Green Beans VEGAN	Peas & Carrots VEGAN	Mixed Veg VEGAN	Peas & Sweetcorn VEGAN	Baked Beans & Peas VEGAN
DESSERT	Fruit Yoghurt (Allergies TBC)	Chocolate Cake (Allergies TBC)	Oaty Cookie (Allergies TBC) VEGAN	Fruit Jelly (Allergies TBC) VEGAN	Dessert Selection (Allergies TBC)

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BREAD CONTAINS - GL - MI - EG - SO

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

FRESH FRUIT AVAILABLE EVERY DAY
FRESH BREAD AVAILABLE EVERY DAY
SALAD BAR AVAILABLE EVERY DAY

The Pantry

The Pantry are committed to improving the standards of children's meals across every one of our Schools, and fresh, ethically sourced ingredients are used every day across our kitchens.

WEEK 2

27th Feb – 20th Mar – 10th Apr – 1st May – 22nd May – 12th Jun – 3rd Jul

PRIMARY SCHOOL MENU

NASCOT WOOD JUNIOR SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT Choice	Halal Chicken Pasta (Allergies TBC)	Beef Lasagne with Garlic Bread (Allergies TBC)	Roast Chicken, Roasted Potatoes & Gravy (Allergies TBC)	Chicken Burrito with Rice (Allergies TBC)	Fish Fingers & Chips with Tomato Sauce (Allergies TBC)
VEGETARIAN Choice	Spanish Omelette (Allergies TBC)	Margherita Pizza with Garlic Bread (Allergies TBC)	Vegetable & Potato Pie with Gravy (Allergies TBC) VEGAN	Meat Free Pasta Carbonara (Allergies TBC)	Vegetable Chilli with Chips (Allergies TBC) VEGAN
PASTA	Tomato Pasta (Allergies TBC) VEGAN	Tomato Pasta (Allergies TBC) VEGAN	Tomato Pasta (Allergies TBC) VEGAN	Tomato Pasta (Allergies TBC) VEGAN	Tomato Pasta (Allergies TBC) VEGAN
JACKET POTATO	Cheese, Beans & Tuna (Allergies TBC)	Cheese, Beans & Tuna (Allergies TBC)	Cheese, Beans & Tuna (Allergies TBC)	Cheese, Beans & Tuna (Allergies TBC)	Cheese, Beans, Tuna & Salmon ((Allergies TBC)
SANDWICH	Cheese, Ham or Tuna (Allergies TBC)	Cheese, Ham or Tuna (Allergies TBC)	Cheese, Ham or Tuna (Allergies TBC)	Cheese, Ham or Tuna (Allergies TBC)	Cheese, Ham or Tuna (Allergies TBC)
VEGETABLES	Peas & Carrots VEGAN	Broccoli & Sweetcorn VEGAN	Mixed Veg VEGAN	Peas & Sweetcorn VEGAN	Baked Beans & Peas VEGAN
DESSERT	Fruit Yoghurt (Allergies TBC)	Sprinkle Sponge Cake (Allergies TBC)	Apple Flapjack (Allergies TBC) VEGAN	Fruit Jelly (Allergies TBC) VEGAN	Dessert Selection (Allergies TBC)

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WEEK 3

6th Mar – 27th Mar – 17th Apr – 8th May – 29th May – 19th Jun – 10th Jul

PRIMARY SCHOOL MENU

NASCOT WOOD JUNIOR SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT Choice	Halal Chicken Wrap & Rice (Allergies TBC)	Cottage Pie with Garlic Bread (Allergies TBC)	Roast Chicken, Roasted New Potatoes & Gravy (Allergies TBC)	Breaded Chicken with Diced Potatoes (Allergies TBC)	Fish Fingers & Chips with Tomato Sauce (Allergies TBC)
VEGETARIAN Choice	Bean Cheese Quesadilla (Vegan) with Rice (Allergies TBC) VEGAN	Margherita Pizza with Garlic Bread (Allergies TBC)	Sausages, Roasted New Potatoes & Gravy (Allergies TBC) VEGAN	Vegetable Curry with Rice (Allergies TBC) VEGAN	Vegan Nuggets with Chips & Tomato Sauce (Allergies TBC) VEGAN
PASTA	Tomato Pasta (Allergies TBC) VEGAN	Tomato Pasta (Allergies TBC) VEGAN	Tomato Pasta (Allergies TBC) VEGAN	Tomato Pasta (Allergies TBC) VEGAN	Tomato Pasta (Allergies TBC) VEGAN
JACKET POTATO	Cheese, Beans & Tuna (Allergies TBC)	Cheese, Beans & Tuna (Allergies TBC)	Cheese, Beans & Tuna (Allergies TBC)	Cheese, Beans & Tuna (Allergies TBC)	Cheese, Beans & Tuna (Allergies TBC)
SANDWICH	Cheese, Ham or Tuna (Allergies TBC)	Cheese, Ham or Tuna (Allergies TBC)	Cheese, Ham or Tuna (Allergies TBC)	Cheese, Ham or Tuna (Allergies TBC)	Cheese, Ham or Tuna (Allergies TBC)
VEGETABLES	Carrots & Green Beans VEGAN	Peas & Sweetcorn VEGAN	Mixed Veg VEGAN	Sweetcorn & Cauliflower VEGAN	Baked Beans & Peas VEGAN
DESSERT	Ice Cream (Allergies TBC)	Apple Cake (Allergies TBC)	Chocolate Cookie (Allergies TBC) VEGAN	Fruit Jelly (Allergies TBC) VEGAN	Dessert Selection (Allergies TBC)

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