



# Week One

**Carleton Park**

Primary Menu Week 1	'Green Earth Monday'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	Wholemeal Margherita Pizza Slice with Jacket Wedges	Classic Pasta Bolognese & Garlic Bread	Roast of the Day Chicken with Yorkshire pudding & Gravy	BBQ Pulled Pork Bun with Wedges	Crispy Fish Cheeseburger with Chips & Tomato Sauce
Vegetarian Main Meal Option 1	Thai green vegetable curry with mixed rice and naan	Veggie Mince Spaghetti Bolognese & Garlic Bread	Quorn Roast with Stuffing & Gravy	Sticky Barbecue Vegetables & Noodles	Crispy Veggie Burger with Chips & Tomato Sauce
Vegetable Selection	Green Beans Sweetcorn	Broccoli Roasted Summer Vegetables	Cauliflower Seasonal Greens	Wok Bashed Vegetables Carrots/Mixed Salad	Baked Beans Garden Peas
Jacket Potato Option	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese or Baked Beans				
Sandwich Option	Sandwich: Ham, cheese or tuna	Sandwich: Ham, cheese or tuna	Sandwich: Ham, cheese or tuna	Sandwich: Ham, cheese or tuna	Sandwich: Ham, cheese or tuna
Dessert	Orange & Banana Traybake	Apple Flapjack	Oaty Raisin Cookies with Watermelon Slice	Watermelon & Pineapple Slices	Chocolate Cookie

## Available Daily

Salad Selection, Fresh Bread, Fresh Fruit & Yoghurts





# Week Two

Carleton Park

Primary Menu Week 2	'Green Earth Monday'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	Wholemeal Margherita Pizza with Herby Diced Potatoes	Chicken and vegetable paella	Roast of the Day Gammon with Yorkshire Pudding, Roast Potatoes & Gravy	Chicken & Sweetcorn Meatball Sub with Arrabiata Sauce & Baked Wedges	Crispy Breaded Fish Fingers (Pollock) & Chips
Vegetarian Main Meal Option 1	Veggie shepherds pie	Chinese Vegetable Curry & Mixed Rice & Naan	Roast Veggie Balls with Yorkshire Pudding, Roast Potatoes & Gravy	Creamy Baked Macaroni Cheese	Veggie Hot Dog with Onions & Chips
Vegetable Selection	Sweetcorn & Peppers Garden Peas	Green Beans Cauliflower	Carrots Savoy Cabbage	Broccoli Roasted Winter Vegetables	Baked Beans Garden Peas
Jacket Potato Option	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese or Baked Beans				
Sandwich Option	Sandwich: Ham, cheese or tuna	Sandwich: Ham, cheese or tuna	Sandwich: Ham, cheese or tuna	Sandwich: Ham, cheese or tuna	Sandwich: Ham, cheese or tuna
Dessert	Oaty Raisin Cookies with Watermelon Slice	Cinnamon Pear Upside Down Cake with Chocolate Drizzle	Jam Tart & Custard	Lemon & Blueberry Yoghurt Cake	Home made shortbread and fruit

## Available Daily

Salad Selection, Fresh Bread, Fresh Fruit & Yoghurts





# Week Three

Carleton Park



Primary Menu Week 3	'Green Earth Monday'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	Veggie Meatballs with a Mediterranean Tomato Sauce & Fluffy Cous Cous	Traditional Toad in the Hole with Gravy	Roast of the Day Turkey with Yorkshire pudding & Gravy	Rich & Rustic Lamb & Root Vegetable Hotpot	Classic Friday Fish & Chips with Tomato Sauce
Vegetarian Main Meal Option 1	Wholemeal Margherita Pizza with a half portion of Baby Baked Potatoes	Autumn Vegetable & Wholewheat Tortilla 'Lasagne'	Quorn Roast with Stuffing, & Gravy	Creamy baked macaroni cheese	Mozzarella & Fresh Tomato Melt with Chips & Tomato Sauce
Vegetable Selection	Mixed Vegetables Garden Salad	Green Beans Cauliflower	Wok Bashed Vegetables Carrots	Broccoli Sweetcorn	Baked Beans Garden Peas
Jacket Potato Option	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese or Baked Beans				
Sandwich Option	Sandwich: Ham, cheese or tuna	Sandwich: Ham, cheese or tuna	Sandwich: Ham, cheese or tuna	Sandwich: Ham, cheese or tuna	Sandwich: Ham, cheese or tuna
Dessert	Chocolate Shortbread with Apple Smiles	Carrot Cake Cookie	Peach Shortcake Bar & Custard	Watermelon & Pineapple Slices	Chocolate cookie

## Available Daily

Salad Selection, Fresh Bread, Fresh Fruit & Yoghurts

