



ELMGROVE LUNCH MENU



| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------|---|---|---|---|---|
| Halal | Cheese and Tomato Pizza with Wedges (G) (M) | Chicken Thyme Meatballs with Rice | Traditional Roast Chicken with Roast Potatoes and Gravy | Lasagne served with Garlic Bread (G) (M) | Fish and Chips (G) (F) |
| Vegetarian | Cheese and Tomato Pizza with Wedges (G) (M) | Vegetable Meatballs with Rice | Quorn Fillets with Roast Potato and Gravy (G) | Lentil and Potato Curry with Naan (G) | Veggie Nuggets and Chips (G) |
| Vegetables | Baked Bean/Sweetcorn/Seasonal Salad Selection | Sweetcorn& Peas/Seasonal Salad Selection | Broccoli & Carrots/Seasonal Salad Selection | Mixed Vegetables/Seasonal Salad Selection | Baked Beans Peas/Seasonal Salad Selection |
| Pasta Option | Plain penne pasta with an option of tomato sauce or grated cheese (G) (M) | Plain penne pasta with an option of tomato sauce or grated cheese (G) (M) | Plain penne pasta with an option of tomato sauce or grated cheese (G) (M) | Plain penne pasta with an option of tomato sauce or grated cheese (G) (M) | Plain penne pasta with an option of tomato sauce or grated cheese (G) (M) |
| Jacket Potato Option | Jacket Potato with Cheese / Beans (M) | Jacket Potato with Cheese / Beans (M) | Jacket Potato with Cheese / Beans (M) | Jacket Potato with Cheese / Beans (M) | Jacket Potato with Tuna Mayo / Cheese / Beans (F) (M) |
| Desserts | Vegetarian Jelly, Fresh Fruit Salad or Yoghurt (M) | Vegetarian Jelly, Fresh Fruit Salad or Yoghurt (M) | Vegetarian Jelly, Fresh Fruit Salad or Yoghurt (M) | Vegetarian Jelly, Fresh Fruit Salad or Yoghurt (M) | Ice Cream (M) |

Please note that food may contain Milk (M), Eggs (E), Wheat/Gluten (G), Fish(F), Pea (P), Soya (S), Gluten (G) Sesame Seeds (SS) – Before selecting your choice it is important to please check the allergen sheet on the school website to check what ingredients are in the recipes on the menu. This is to ensure that your child is not eating anything that they should not be eating.



ELMGROVE LUNCH MENU



| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------|--|--|--|--|--|
| Halal | Salmon Fishcakes (G) (F) | Chicken Curry with Basmati Rice | Traditional Roast Chicken with Roast Potatoes and Gravy | Italian Chicken Fusilli Pasta With Stone baked Flatbread (G) (M) | Fish and Chips (G) (F) |
| Vegetarian | BBQ Traditional Vegetarian Sausage Roll (G) | Vegetable Curry with Basmati Rice | Macaroni Cheese (G) (M) | Brown Base Margherita Pizza with Wedges (G) (M) | Mozzarella Sticks and Chips (G) (M) |
| Vegetables | Peas / Seasonal Salad Selection | Vegetable Medley/ Seasonal Salad Selection | Farmhouse Mixed Vegetables/Seasonal Salad Selection | Sweetcorn & Carrot/Seasonal Salad Selection | Baked Beans & Peas Seasonal Salad Selection |
| Pasta Option | Plain penne pasta with an option of tomato or grated cheese (G) (M) | Plain penne pasta with an option of tomato or grated cheese (G) (M) | Plain penne pasta with an option of tomato or grated cheese (G) (M) | Plain penne pasta with an option of tomato or grated cheese (G) (M) | Plain penne pasta with an option of tomato or grated cheese (G) (M) |
| Jacket Potato Option | Jacket Potato with Cheese / Beans (M) | Jacket Potato with Cheese / Beans (M) | Jacket Potato with Cheese / Beans (M) | Jacket Potato with Cheese / Beans (M) | Jacket Potato with Tuna Mayo / Cheese / Beans (F) (M) |
| Desserts | Vegetarian Jelly, Fresh Fruit Salad or Yoghurt (M) | Vegetarian Jelly, Fresh Fruit Salad or Yoghurt (M) | Vegetarian Jelly, Fresh Fruit Salad or Yoghurt (M) | Vegetarian Jelly, Fresh Fruit Salad or Yoghurt (M) | Apple Crumble and Custard (G) (M) |

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ELMGROVE LUNCH MENU



| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| Halal | Veggie Nuggets and Wedges (G) | Spaghetti Bolognese (G) | Jerk Chicken with Rice | BBQ Chicken Pizza (G) (M) | Fish and Chips (G) (F) |
| Vegetarian | Falafel with Flatbread and Hummus (G) | Vegetarian Lasagne (G)(M) | Vegetarian Spring Rolls with Rice (G) | Margarita Pizza (G) (M) | Butternut Squash and Chickpea Curry with Naan Bread (G) |
| Vegetables | Broccoli/Carrots | Green Beans /Sweetcorn | Cauliflower/Peas | Sweetcorn/Carrots | Peas/Baked Beans |
| New Trial Pasta Option for Autumn Term 1 | Plain penne pasta with an option of tomato sauce or grated cheese (G) (M) | Plain penne pasta with an option of tomato sauce or grated cheese (G) (M) | Plain penne pasta with an option of tomato sauce or grated cheese (G) (M) | Plain penne pasta with an option of tomato sauce or grated cheese (G) (M) | Plain penne pasta with an option of tomato sauce or grated cheese (G) (M) |
| Jacket Potato Option | Jacket Potato with Cheese / Beans (M) | Jacket Potato with Cheese / Beans (M) | Jacket Potato with Cheese / Beans (M) | Jacket Potato with Cheese / Beans (M) | Jacket Potato with Tuna Mayo / Cheese / Beans (F) (M) |
| Desserts | Vegetarian Jelly, Fresh Fruit Salad or Yoghurt (M) | Vegetarian Jelly, Fresh Fruit Salad or Yoghurt (M) | Vegetarian Jelly, Fresh Fruit Salad or Yoghurt (M) | Vegetarian Jelly, Fresh Fruit Salad or Yoghurt (M) | Chocolate Brownie (G) (M) |

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