



ELMGROVE LUNCH MENU



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Halal	Cheese and Tomato Pizza with Wedges (G) (M)	Turkey Chilli Con Carne with Rice	Traditional Roast Chicken with Roast Potatoes and Gravy	Moroccan Chicken Tagine With Cous Cous (G)	Fish and Chips (G) (F)
Vegetarian	Cheese and Tomato Pizza with Wedges (G) (M)	Spinach Ricotta Tortellini (G) (M)	Veg Stir Fry with Eggless Noodles (G)	Lentil and Potato Curry with Naan	Veg Sausage in a roll (G) (V)
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)
Dessert Options	Veg Jelly, Fruit Salad Yoghurt Flap Jack (M)	Veg Jelly, Fruit Salad Yoghurt Flap Jack (M)	Old School Cake (G) (M)	Veg Jelly, Fruit Salad Yoghurt Flap Jack (M)	Coconut Cake (G) (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.



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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Halal	Main Cheesy Veg Burger (G)	Chicken Curry with Rice	Traditional Roast Chicken with Roast Potatoes and Gravy	Chicken Fajitas With Nachos (G) (M)	Fish and Chips (G) (F)
Vegetarian	Veg Pizza	Vegetable Curry with Rice	Macaroni Cheese (G) (M)	Veg Fajitas with Nachos (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)
Dessert Options	Veg Jelly, Fruit Salad Yoghurt Flap Jack (M)	Veg Jelly, Fruit Salad Yoghurt Flap Jack (M)	Maderia Cake (G) (M)	Veg Jelly, Fruit Salad Yoghurt Flap Jack (M)	Red Apple and Custard (G) (M)

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Halal	Salmon Fillet Burger with Vegan Mayonnaise Sauce (G)	Turkey Spaghetti Bolognese (G)	Jerk Chicken with Rice and Peas	BBQ Chicken Pizza (G) (M)	Fish and Chips (G) (F)
Vegetarian	Veg Nuggets and Wedges (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
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 Options	Veg Jelly, Fruit Salad Yoghurt Flap Jack (M)	Veg Jelly, Fruit Salad Yoghurt Flap Jack (M)	White Chocolate Cake (G) (M)	Veg Jelly, Fruit Salad Yoghurt Flap Jack (M)	Chocolate Brownie (G) (M)

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