

Lower Meadow Primary Academy

Week One

Week commencing: 14th Sep, 05th Oct, 02nd Nov, 23rd Nov, 14th Dec

Day	Main Meal	Vegetarian Option	Side Dishes	Sandwiches	Desserts
Meat Free Monday	Veggie Sausage & Bean Cheese Melt  	Cheese, Onion & Tomato Melt  	Homemade Potato Wedges Baked Beans	Cheese Sandwich Tuna Mayo Sandwich Egg Mayo Sandwich     	Chocolate & Orange Cookie 
Tuesday	Macaroni Cheese  	Tomato Pasta 	Homemade Bread Steamed Vegetables 	Cheese Sandwich Tuna Mayo Sandwich Egg Mayo Sandwich     	Fresh Fruit & Yoghurt 
Wednesday	Roast Chicken Sausage  	Veggie Sausage 	Mashed Potatoes Seasonal Vegetables Gravy	Cheese Sandwich Tuna Mayo Sandwich Egg Mayo Sandwich     	Fruit Slice & Shortbread 
Thursday	Homemade Chicken Curry	Homemade Vegetable Curry	Steamed Rice Seasonal Vegetables	Cheese Sandwich Tuna Mayo Sandwich Egg Mayo Sandwich     	Marble Sponge & Custard   
Friday	Breaded Fish Fingers  	Quorn Bites 	Chips Sweetcorn Baked Beans	Cheese Sandwich Tuna Mayo Sandwich Egg Mayo Sandwich     	Ice Cream 

Jacket Potatoes, Seasonal Vegetables and Fresh Fruit are served daily

Please ensure all allergies are reported to the school office to allow us to create a tailored menu to suit your needs

Lower Meadow Primary Academy

Week Two

Week commencing: 31st Aug, 21st Sep, 12th Oct, 09th Nov, 30th Nov

Day	Main Meal	Vegetarian Option	Side Dishes	Sandwiches	Desserts
Meat Free Monday	Cheese & Tomato Pizza  	Cheese & Tomato Pizza  	Homemade Seasoned Wedges Seasonal Vegetables	Cheese Sandwich Tuna Mayo Sandwich Egg Mayo Sandwich     	Chocolate & Beetroot Brownie  
Tuesday	Italian Style Sausage Pasta Bake   	Tomato Pasta Bake  	Homemade Bread Seasonal Vegetables 	Cheese Sandwich Tuna Mayo Sandwich Egg Mayo Sandwich     	Jam Sponge & Custard   
Wednesday	Roast Chicken Breast	Roast Quorn Fillet 	Baby New Potatoes Seasonal Vegetables Gravy 	Cheese Sandwich Tuna Mayo Sandwich Egg Mayo Sandwich     	Apple Flapjack 
Thursday	Flavoured Chicken & Veg Strips    	Roasted Vegetable Stack	Steamed Rice Tortillas Seasonal Vegetables 	Cheese Sandwich Tuna Mayo Sandwich Egg Mayo Sandwich     	Fresh Fruit & Yoghurt 
Friday	Breaded Fish Fingers  	Sweetcorn Fritters   	Chips Sweetcorn Baked Beans	Cheese Sandwich Tuna Mayo Sandwich Egg Mayo Sandwich     	Ice Cream 

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Week Three

Week commencing: 07th Sep, 28th Sep, 19th Oct, 16th Nov, 07th Dec

Day	Main Meal	Vegetarian Option	Side Dishes	Sandwiches	Desserts
Meat Free Monday	Creamy Tomato Pasta  	Creamy Tomato Pasta  	Homemade Bread Seasonal Vegetables 	Cheese Sandwich Tuna Mayo Sandwich Egg Mayo Sandwich     	Fruit Muffins  
Tuesday	Beef Bolognese 	Vegetable Bolognese 	Homemade Bread Penne Pasta Seasonal Vegetables 	Cheese Sandwich Tuna Mayo Sandwich Egg Mayo Sandwich     	Lemon Drizzle Cake  
Wednesday	Roast Chicken	Roast Quorn Fillet 	Roast Potatoes Yorkshire Pudding Seasonal Vegetables Gravy   	Cheese Sandwich Tuna Mayo Sandwich Egg Mayo Sandwich     	Fresh Fruit & Yoghurt 
Thursday	Homemade Katsu Chicken Bites   	Katsu Quorn Bites   	Steamed Rice Sweetcorn Katsu Curry Sauce  	Cheese Sandwich Tuna Mayo Sandwich Egg Mayo Sandwich     	Oat Cookie 
Friday	Breaded Fish Fingers  	Cheese & Onion Quiche   	Chips Baked Beans Sweetcorn	Cheese Sandwich Tuna Mayo Sandwich Egg Mayo Sandwich     	Ice Cream 

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Eggs



Lupin



Sulphites



Fish



Crustaceans



Nuts



Milk



Soya



Gluten



Sesame



Celery



Peanuts



Molluscs



Mustard