

# WESTWAYS PRIMARY

## SPRING SUMMER 24

### WEEK ONE



PRIMARY MENU WEEK 1	'GREEN EARTH MONDAY'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	Veggie Pasta Carbonara	All Day Pork Sausage Breakfast with Herby Diced Potatoes & Baked Beans	Chicken Pie with Mashed Potatoes	Chicken Curry with Mixed Rice	Fish Fingers with Chips & Tomato Ketchup
<b>Vegetarian Main Course</b>	Cheese & Tomato Pizza with Baked Potato Wedges	Sweet & Sour Vegetables & Noodles	Veggie Mince Pie with Mashed Potatoes	Cauliflower Cheese & Pasta Bake	Cheese Flan with Chips & Tomato Ketchup
<b>Halal</b>		Halal Chicken Sausage Breakfast with Herby Diced Potatoes & Baked Beans	Halal Chicken Pie with Mashed Potatoes	Halal Chicken Curry with Mixed Rice	
<b>Jacket Potato and Filling</b>	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese, Beans or Tuna Mayo	Tomato Pasta	Jacket Potato with Cheese, Beans or Tuna Mayo	Jacket Potato with Cheese, Beans, Salmon Mayo or Tuna Mayo
<b>Vegetables</b>	Broccoli, Cauliflower & Carrots & Mixed Fresh Salad	Roasted Peppers & Sweetcorn & Mixed Fresh Salad	Carrots, Broccoli & Mixed Fresh Salad	Sweetcorn, Country Mixed Vegetables & Mixed Fresh Salad	Garden Peas, Baked Beans & Mixed Fresh Salad
<b>Dessert</b>	Marble Sponge & Custard	Chocolate Shortbread Biscuits & Fruit Slices	Iced Banana Traybake	Oat & Raisin Cookie & Fresh Watermelon Slice	Chocolate Shortbread Biscuit

Available Daily: Salad Selection, Fresh Bread, Fresh Fruit and Yoghurts

Portion(s) of fruit or veg		Source of wholegrain		Contains plant-based proteins		50% fruit		Oily fish	
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Our desserts meet Public Health England's target for 'free sugar' intake for your child.

Recommended fruit and vegetable portion sizes are calculated using School Food Standards. On average our desserts do not exceed a third of a child's recommended 'free sugar' intake.

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### WEEK TWO



PRIMARY MENU WEEK 2	'GREEN EARTH MONDAY'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	Macaroni Cheese	Hot Dog Baguette with Baked Potato Wedges and Coleslaw	Roast Gammon with Roast Potatoes & Gravy	Chicken & Vegetable Burrito	Fish Fingers with Chips & Tomato Ketchup
<b>Vegetarian Main Course</b>	Vegetable Enchiladas with Sunny Vegetable Rice	Vegetarian Chilli Wedge Bake	Veggie Mince Cottage Pie	Cheese & Tomato Pizza with Garlic Bread	Cheese & Onion Puff Pastry Roll with Chips & Tomato Ketchup
<b>Halal</b>		Halal Hot Dog Baguette with Baked Potato Wedges and Coleslaw	Halal Roast Chicken with Roast Potatoes & Gravy	Halal Lamb Bolognese & Penne Pasta	
<b>Jacket Potato and Filling</b>	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese, Beans or Tuna Mayo	Jacket Potato with Cheese, Beans or Tuna Mayo	Jacket Potato with Cheese, Beans or Tuna Mayo	Pasta with Tomato Sauce
<b>Vegetables</b>	Garden Peas, Carrots & Mixed Fresh Salad	Sweetcorn, Baked Beans, Coleslaw Salad & Mixed Fresh Salad	Cauliflower, Carrots, Peas & Mixed Fresh Salad	Broccoli, Carrots, Cauliflower & Mixed Fresh Salad	Garden Peas, Baked Beans & Mixed Fresh Salad
<b>Dessert</b>	Ginger & Mandarin Tray-bake	Strawberry Jelly	Freshly Baked Chocolate Cookie	Flapjack Finger & Fresh Watermelon Slice	Homemade Shortbread Biscuits

Available Daily: Salad Selection, Fresh Bread, Fresh Fruit and Yoghurts

Portion(s) of fruit or veg		Source of wholegrain		Contains plant-based proteins		50% fruit		Oily fish	
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### WEEK THREE



PRIMARY MENU WEEK 3	'GREEN EARTH MONDAY'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	Vegetable Chilli & Rice	Gently Spiced Moroccan Chicken Tagine with Summer Vegetable Rainbow Cous Cous <i>(National Eat Them to Defeat Them Dish)</i>	Roast Chicken with Roast Potatoes & Gravy	Sticky BBQ Chicken & Vegetables with Noodles	Fish Fingers with Chips & Tomato Ketchup
<b>Vegetarian Main Course</b>	Cheese & Tomato Pizza with Baked Potato Wedges	Macaroni Cheese	Savoury Vegetable Mince with Yorkshire Pudding, Roast Potatoes & Gravy	Home Baked Vegetarian Lasagne	Massaman Aubergine Curry with Rice
<b>Halal</b>		Gently Spiced Moroccan Halal Chicken Tagine with Summer Vegetable Rainbow Cous Cous <i>(National Eat Them to Defeat Them Dish)</i>	Halal Roast Chicken with Roast Potatoes & Gravy	Halal Sticky BBQ Chicken & Vegetables with Noodles	
<b>Jacket Potato and Filling</b>	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese, Beans or Tuna Mayo	Tomato Pasta	Jacket Potato with Cheese, Beans or Tuna Mayo	Jacket Potato with Cheese, Beans or Tuna Mayo
<b>Vegetables</b>	Roasted Peppers & Sweetcorn & Mixed Fresh Salad	Country Mixed Vegetables, Baked Beans & Mixed Fresh Salad	Carrots, Garden Peas & Mixed Fresh Salad	Broccoli, Cauliflower, Carrots & Mixed Fresh Salad	Garden Peas, Baked Beans & Mixed Fresh Salad
<b>Dessert</b>	Baked Apple Sponge with Custard	Tootie Fruity Jelly and Mandarins	Freshly Baked Vanilla Cookie	Zesty Lemon & Blueberry Yoghurt Cake	Homemade Flapjack

Available Daily: Salad Selection, Fresh Bread, Fresh Fruit and Yoghurts



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