



# Essex Primary School

Attention, Attendance and Achievement



	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Spaghetti Bolognese Halal Un-stunned	Chicken & Mushroom Potato Bake Halal Un-stunned	Roast Chicken with Yorkshire Pudding with Roast Potatoes Halal Un-stunned	Lamb & Vegetable Jolloff Rice Halal Un-stunned	Chilli Con Carne with Rice Halal Un-stunned
Fish	Cod Fillet with Herb Crust with New Potatoes	Homemade Tuna & Pepper Pizza	Tuna Jacket Potatoes	Summer Salmon Salad Wrap	Fish Fingers with Chips
Vegetarian (V)	Cauliflower Macaroni Cheese	Homemade Cheese & Tomato Pizza	Shepherdess Pie	Sweet Potato & Quorn Curry	Mixed Bean Burrito
Vegetable Choice	Sweetcorn Fresh Broccoli	Green Beans Baked Beans	Organic Carrots Fresh Cauliflower	Mini Corn Cobette Green Beans	Green Peas Organic Carrots
Dessert	Fruit Smoothie	Apple Flapjack with Custard	Lemon & Courgette Cake with Custard	Berry Cheese-cake	Fruit Jelly & Ice Cream



All meat is Halal  
All fish from sustainable sources  
Items subject to availability



Available daily with all meals: Free access to Salad Bar, Seasonal Vegetables, Additional Bread



	Monday	Tuesday	Wednesday	Thursday	Friday
Fish	Oven Baked Sausages & Mashed Potatoes Halal stunned	Homemade Lasagne Halal Un-stunned	Roast Lamb with Roast Potatoes Halal Un-stunned	Homemade Chicken Tagine Halal Un-stunned	Lamb Keema with Naan Halal Un-stunned
Main	Baked Cod With Mashed Potatoes	Salmon & Cod Biryani	Cod in Cheese Sauce with Roast Potatoes	Homemade Fish Curry with Rice	Fish Crunchy with Fresh Lemon with Chips
Vegetarian (V)	Chick Pea Dhal with Rice	Vegetable Moussaka	Spinach & Potato Flan with Roast Potatoes	Sticky Quorn Sausages with Mashed Potatoes	Homemade Vegetable Bean Burger with Chips
Vegetable Choice	Sweetcorn Green Beans	Fresh Cauliflower Mixed Peppers	Organic Carrots	Green Beans	Fresh Broccoli Baked Beans
Dessert	Pancakes with Fruit & Ice Cream	Eton Mess Cake	Date & Apple Sponge with Custard	Fruit Smoothie	Apple Crumble with Custard

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Fish	Chicken Fajita Halal Un-stunned	Chicken Korma with Naan Bread Halal Un-stunned	Roast Lamb with Roast Potatoes Halal Un-stunned	Jerk Chicken Drumsticks with Rice & Peas Halal stunned	Lamb Burger in a Bun Halal stunned
Main	Tuna French Bread Pizza	White Fish Bake with New Potatoes	White Fish Fillet with Parsley Sauce	Homemade Cod Crumble	Fish Fingers
Vegetarian (V)	Vegetable Stir Fry	Cheese, Tomato & Broccoli Quiche	Jacket Potato with Cheese & Beans	Vegetable, Lentil & Coconut Curry	Veggie Hot Dog in a roll
Vegetable Choice	Fresh Cauliflower Broccoli	Roasted Mixed Vegetables/Squash	Organic Carrots Cabbage	Sweetcorn Jamaican Slaw	Baked Beans Garden Peas
Dessert	Shortbread with Strawberry Milkshake	Citrus & Coconut Sponge with Custard	Fresh Fruit Meringue Nest	Banana Cake with Custard	Beetroot & Chocolate cake



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