




























WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lamb Chilli & Bean Burrito (unstunned)	Savoury Chicken (unstunned)	Roast Chicken & Yorkshire Pudding (unstunned)	Spaghetti Bolognese (Lamb -unstunned)	Chicken Pie (unstunned)
Salmon Fish Finger Wrap 	Fisherman's Pie 	Lemon & Herb Fish Crunch 	Tuna & Tomato Wrap	White Fish Bake 
Veggie Sausage Pasta 	Juniper Pizza	Quorn & Sweet Potato Curry 	Spanish Omelette	Feta, Pepper & Spinach Pinwheel
Baby Baked Potatoes	Herby Diced Potatoes 	Roast Potatoes Rice	Mashed Potatoes	Chips 
Sweetcorn & Fresh Broccoli	Garden Peas & Med Roast Vegetables	Organic Carrots & Green Beans 	Mini Corn on the Cob & Grilled Tomatoes	Garden Peas & Baked Beans
Fruit Smoothie	Apple Crumble with Custard	Rainbow Cheesecake	Marble Cake & Custard	Fruit Jelly & Ice Cream

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti & Chicken Meatballs (stunned)	Lamb Lasagne (unstunned)	Roast Lamb & Yorkshire Pudding (unstunned)	BBQ Chicken (unstunned)	Chicken Hot Dog in a Roll (stunned)
Creamy Wholemeal Fish Crumble 	Fish Curry 	Seafood Jambalaya 	Fish Goujons 	Fish Finger Burger 
Tomato & Basil Pasta 	Lemon & Lentil Curry	Roast Butternut & Red Onion Tart	Veggie Quesadilla	Quorn Hot Dog in a Roll 
Mashed Potatoes	Focaccia Rice	Roast Potatoes	Baby Baked Potatoes Mexican Rice	Jacket Wedges 
Fresh Cauliflower & Carrot/Courgette Medley	Broccoli & Mixed Vegetables	Organic Carrots & Savoy Cabbage 	Green Beans & Mini Corn on the Cob	Garden Peas & Baked Beans
Scotch Pancake with Fruit & Greek Style Yoghurt	Chocolate & Orange Sponge	Strawberry Mousse	Carrot Cake with Cream Cheese Topping	Peach Flapjack with Ice Cream

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken & Spring Veg Pie (unstunned)	Lamb Tikka Masala (unstunned)	Roast Chicken with Stuffing (stunned)	Lamb & Vegetable Jolloff Rice	Lamb Burger in a Brioche Bun (stunned)
Tandoori Fish Fillet 	Coconut Fish Curry 	Italian Fish with Cherry Tomatoes 	Fish Biryani 	Fish Fingers 
BBQ Quorn Pasta 	Cheese & Tomato Pizza	Samosa with Dhal	Jacket Potato with Cheese & Beans	Quorn Toad in the Hole & Gravy 
New Potatoes	Rice	Roast Potatoes Rice	Rice	Chips 
Mixed Vegetables & Roasted Vegetables	Mini Corn on the Cob & Green Beans	Organic Carrots & Broccoli 	Baked Beans & Jamaican Slaw	Sweetcorn & Garden Peas
Ice Cream Sponge with Fruit	Tropical Fruit Crumble with Ice Cream	Summer Fruit Trifle	Banana Loaf	Fruit Salad & Frozen Yoghurt

Stunned and un-stunned Halal meat served at this school. All items are subject to availability.

MENU DATES FOR ESSEX PRIMARY SCHOOL

APRIL 2018	MAY 2018	JUNE 2018	JULY 2018	SEPTEMBER 2018	OCTOBER 2018
M T W T F S S	M T W T F S S	M T W T F S S	M T W T F S S	M T W T F S S	M T W T F S S
1	1 2 3 4 5 6	1 2 3	1	1 2	1 2 3 4 5 6 7
2 3 4 5 6 7 8	7 8 9 10 11 12 13	4 5 6 7 8 9 10	2 3 4 5 6 7 8	3 4 5 6 7 8 9	8 9 10 11 12 13 14
9 10 11 12 13 14 15	14 15 16 17 18 19 20	11 12 13 14 15 16 17	9 10 11 12 13 14 15	10 11 12 13 14 15 16	15 16 17 18 19 20 21
16 17 18 19 20 21 22	21 22 23 24 25 26 27	18 19 20 21 22 23 24	16 17 18 19 20 21 22	17 18 19 20 21 22 23	22 23 24 25 26 27 28
23 24 25 26 27 28 29	28 29 30 31	25 26 27 28 29 30	23 24 25 26 27 28 29	24 25 26 27 28 29 30	29 30 31
30			30 31		

WEEK 1
WEEK 2
WEEK 3

Additional Daily Food Options

- Fresh Seasonal Fruit Platter
- Organic Yoghurt
- Cheese & Biscuits
- Homemade Bread

ESSEX PRIMARY SCHOOL