


















WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lamb Keema with Naan Bread (unstunned)	Lamb & Vegetable Tikka Masala with Basmati Rice (unstunned)	Roast Chicken, Stuffing, Gravy & Roast Potatoes (unstunned)	Chicken & Sweetcorn Pasta Bake (unstunned)	Burger in a Bun with Spicy Wedges (stunned)
Fisherman's Pie 	Fish & Vegetable Risotto 	Breaded Fish with Lemon and Roast Potatoes 	Tuna & Sweetcorn Pizza	Fish Fingers with Chips 
Chick Pea & Potato Curry with Peshwari Bread	Vegetarian Lasagne & Garlic Bread	Cheese & Leek Quiche with Roast Potatoes	Cheese & Tomato Pizza	Quorn Chilli Dog with Chips 
Mini Corn on the Cob	Fresh Cauliflower	Organic Carrots 	Sweetcorn	Garden Peas
Mixed Vegetables	Garden Peas	Cabbage	Fresh Broccoli	Baked Beans
Apple & Raisin Crumble with Custard	Apricot Flapjack	Rice Pudding with Peaches	Orange & Lemon Cheesecake	Fruit, Jelly & Ice Cream

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Baked Chicken Sausages with Mashed Potatoes (stunned)	Spaghetti Bolognese (unstunned)	Roast Lamb, Yorkshire Pudding & Roast Potatoes (unstunned)	Savoury Chicken & New Potatoes (stunned)	Lamb Jollof Rice (stunned)
Jacket Potato with Tuna & Sweetcorn	Cod Fillet in Cheese Sauce with New Potatoes 	Fish Curry and Rice	Fish Fingers in a Bun with Salad 	Breaded Fish with Jacket Wedges 
Jacket Potato with Cheese & Beans	Veggie Quesadilla	Quorn & Sweet Potato Curry with Rice 	Roast Vegetable Pasta Bake	Vegetable & Lentil Curry with Rice
Fresh Cauliflower	Broccoli	Organic Carrots 	Mini Corn on the Cob	Garden Peas
Mixed Vegetables	Sweetcorn	Garden Peas	Mixed Peppers	Baked Beans
Chocolate & Mandarin Mousse	Peach Melba Sponge with Custard	Fresh Fruit Salad & Ice Cream	Tropical Fruit Slice	Ice Cream Sponge Roll

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti & Meatballs in Marinara (stunned)	Shepherd's Pie (unstunned)	Roast Chicken, Yorkshire Pudding, Gravy with Roast Potatoes (unstunned)	Lamb Lasagne (unstunned)	Jerk Chicken with Chips (stunned)
Tuna Pasta Bake	Fisherman's Potato Bake 	Lemon & Herb Crunchy Crusted Cod with Roast Potatoes 	Fish in Creamy Coconut Curry with Rice 	Fish Fillet in Batter with Chips 
Spanish Omelette with Baguette Slice	Vegetable Samosa with Rice, Dhal & Raita	Quorn Sausage 'Toad in the Hole' with Roast Potatoes 	Veggie Burger in Wholemeal Bun with Salad	Vegetarian Chilli with Chips
Garden Peas	Sweetcorn	Organic Carrots 	Country Vegetables	Baked Beans
Roasted Vegetables	Green Beans	Cauliflower	Garden Peas	Caribbean 'Slaw
Peaches & Custard	Chocolate & Orange Sponge with Chocolate Sauce	Scotch Pancakes with Fruit & Ice Cream	Lemon & Banana Slice with Custard	Fruit Trifle

All meat served at this school is Halal - unstunned & stunned. All items are subject to availability.

MENU DATES FOR ESSEX PRIMARY SCHOOL

OCTOBER 2018	NOVEMBER 2018	DECEMBER 2018	JANUARY 2019	FEBRUARY 2019	MARCH 2019
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 2 3 4 5 6 7	5 6 7 8 9 10 11	3 4 5 6 7 8 9	7 8 9 10 11 12 13	4 5 6 7 8 9 10	4 5 6 7 8 9 10
8 9 10 11 12 13 14	12 13 14 15 16 17 18	10 11 12 13 14 15 16	14 15 16 17 18 19 20	11 12 13 14 15 16 17	11 12 13 14 15 16 17
15 16 17 18 19 20 21	19 20 21 22 23 24 25	17 18 19 20 21 22 23	21 22 23 24 25 26 27	18 19 20 21 22 23 24	18 19 20 21 22 23 24
22 23 24 25 26 27 28	26 27 28 29 30	24 25 26 27 28 29 30	28 29 30 31	25 26 27 28	25 26 27 28 29 30 31
29 30 31		31			1 2 3 4 5

WEEK 1
WEEK 2
WEEK 3

Additional Daily Food Options

- Freshly Baked Additional Hovis Bread
- Salad Bar
- Fresh Fruit
- Yoghurt
- Cheese & Biscuits