



YOUR MENU @

ESSEX
PRIMARY SCHOOL

----- Autumn - Winter 2022 / 2023 -----

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Choice	Lamb Burger with Wedges (un-stunned)	Lamb Lasagne with Garlic Bread (un-stunned)	Roast Turkey & Roast Potatoes (stunned)	Greek Style Souvlaki Chicken with Rice (un-stunned)	Lamb Hotpot (un-stunned)
Fish Choice	Fish Pie	Fish Curry with Rice	Fish Fillet & Roast Potatoes	Lemon & Herb Fish with Diced Potatoes	Fish Fingers with Chips V
Vegetarian Choice	Cheese & Onion Bake with Wedges V	Vegetarian Lasagne with Garlic Bread V	Vegetable Samosa, Dhal & Rice V	Vegetable Pizza V	Veggie Burrito with Chips PB
Vegetable Selection	Seasonal Vegetables Salad Selection	Seasonal Vegetables Salad Selection	Seasonal Vegetables Salad Selection	Seasonal Vegetables Salad Selection	Seasonal Vegetables Salad Selection
Dessert of the Day	Apple Pie with Ice Cream SS	Rice Pudding with Jam SS	Flapjack SS	Frozen Yogurt with Fruit	Fruit & Jelly with Ice Cream
Daily Options	Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt				

WEEK 1

31 Oct, 21 Nov, 12 Dec, 2 Jan, 23 Jan, 20 Feb, 13 Mar

Eat for Free Scheme funded by



MEAT SERVED AT THIS SCHOOL IS HALAL (STUNNED & UN-STUNNED)

KEY: V - Vegetarian PB - Plant Based SS - Sugar Smart
ND - New Dish FGR - In association with Forest Green Rovers

DINEin
AND DISCOVER



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WEEK 2

Monday

Tuesday

Wednesday

Thursday

Friday

Meat Choice

**Chicken Sausages
with Baby Potatoes
(stunned)**

**Lamb & Vegetable
Jollof Rice
(un-stunned)**

**Roast Chicken &
Yorkshire Pudding
(un-stunned)**

**Mexican Chicken Bake
(un-stunned)**

**Chicken Wrap
with Chips
(un-stunned)**

Fish Choice

Tuna Baguette Melt

**Jacket Potato
with Tuna Mayo**

**Creamy Coconut Fish
Curry with Rice**

**Italian Fish
with Diced Potatoes**

**Fish in Batter
with Chips**


Vegetarian Choice

Vegetarian Baguette 

**Sweet Potato
Macaroni Cheese** 

**Southern Style
Burger In a Bun** 

**Jacket Potato with
Cheese & Beans** 

**Spinach & Feta
Pinwheel** 

Vegetable Selection

**Seasonal Vegetables
Salad Selection**

**Seasonal Vegetables
Salad Selection**

**Seasonal Vegetables
Salad Selection**

**Seasonal Vegetables
Salad Selection**

**Seasonal Vegetables
Salad Selection**

Dessert of the Day

**Raspberry Ice Cream
Sponge Roll**

**Marble Cake
& Custard** 

Mandarin Cheesecake

**Lemon & Courgette
Cake with Custard** 

**Waffles with
Chocolate Sauce**

Daily Options

Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt

WEEK 2

7 Nov, 28 Nov, 19 Dec, 9 Jan, 30 Jan, 27 Feb, 20 Mar

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 - New Dish  - In association with Forest Green Rovers

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Newham London



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----- Autumn - Winter 2022 / 2023 -----

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Choice	Chicken Pie (un-stunned)	Spaghetti Bolognese with Garlic Bread (un-stunned)	Roast Lamb with Yorkshire Pudding & (un-stunned)	BBQ Chicken with Diced Potatoes (un-stunned)	Lamb Keema & Naan Bread (un-stunned)
Fish Choice	Tuna & Pasta Sweet Pepper Bake	Fish Biryani	Fish Curry and Rice	Fish Finger Wrap	Jacket Potato with Tuna & Sweetcorn
Vegetarian Choice	Veggie Burger in a Bun with Wedges V	Quorn & Veggie Wrap V	Chickpea & Potato Curry with Rice PB	Red Lentil Pasta Bake PB	Vegetable Stir Fry with Noodles V
Vegetable Selection	Seasonal Vegetables Salad Selection	Seasonal Vegetables Salad Selection	Seasonal Vegetables Salad Selection	Seasonal Vegetables Salad Selection	Seasonal Vegetables Salad Selection
Dessert of the Day	Frozen Yoghurt	Chocolate Cake & Custard SS	Apple Crunch Fingers with Ice Cream SS	Sponge with Custard SS	Strawberry Mousse
Daily Options Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt					

WEEK 3

14 Nov, 5 Dec, 16 Jan, 6 Feb, 6 Mar, 27 Mar

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DINEin
AND DISCOVER