



YOUR MENU @

ESSEX
PRIMARY SCHOOL

----- Autumn - Winter 2023/24 -----

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
First Choice	Sweet Chilli Meatballs* with Pasta	Lamb & Lentil Lasagne served with Garlic Bread	Roast Chicken & Stuffing served with Roast Potatoes	Shepherd's Pie	Fish Fingers with Chips
Second Choice	Vegetarian Pasta & Mixed Bean Bake PB	Fish Biryani	Cheese & Leek Flan served with Roast Potatoes ND V	Cheese & Tomato Pizza V	Veggie Dippers with Chips PB
Pasta Bake / Jacket Potato Option	Jacket Potato with Choice of Fillings	Pasta Bake V	Jacket Potato with Choice of Fillings	Pasta Bake V	Jacket Potato with Choice of Fillings
Vegetable Selection	Sweetcorn Fresh Broccoli	Green Beans Fresh Carrots	Seasonal Fresh Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Baked Beans
Dessert of the Day	Frozen Yoghurt with Fruit	ND Banana Slice (egg free) SS	Cinnamon Rice Pudding SS	Apple Crumble with Custard SS	Fruit & Jelly with Ice Cream
Daily Options	Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt				

WEEK 1

30 OCT, 20 NOV, 11 DEC, 1 JAN, 22 JAN, 19 FEB, 11 MAR

MEAT SERVED AT THIS SCHOOL IS HALAL un-stunned / stunned*

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

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DINEin
AND DISCOVER



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WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
First Choice	Chicken Sausages* With Mashed Potatoes	Lamb & Vegetable Jollof Rice	Roast Chicken & Yorkshire Pudding with Roast Potatoes	Greek Style Souvlaki Chicken with Rice	Fish Fingers with Jacket Wedges
Second Choice	Thai Style Veggie Rice Bowl PB	Vegetarian Koftas in Flatbread with Greek Salad V	Spinach & Feta Whirl served with Roast Potatoes V	Chickpea & Potato Curry with Rice PB	Tandoori Chicken in Naan with Salad
Pasta Bake / Jacket Potato Option	Pasta Bake V	Jacket Potato with Choice of Fillings	Pasta Bake V	Jacket Potato with Choice of Fillings	Pasta Bake V
Vegetable Selection	Sweetcorn Fresh Broccoli	Fresh Carrots Green Beans	Seasonal Fresh Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Baked Beans
Dessert of the Day	Raspberry Ice Cream Sponge Roll	ND Fruit Pudding & Custard (egg free) SS	Pineapple Cheesecake SS	Lemon & Courgette Cake with Custard SS	Waffles with Fruit & Ice Cream
Daily Options					
Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt					

WEEK 2

6 NOV, 27 NOV, 18 DEC, 8 JAN, 29 JAN, 26 FEB, 18 MAR

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WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
First Choice	Lamb Burger in a Bun with Salad & Jacket Wedges	Spaghetti Bolognese with Garlic Bread	Roast Chicken served with Yorkshire Pudding & Roast Potatoes	Chicken & Vegetable Pie with Mashed Potatoes	Fish Fingers served with Baked Jacket Wedges
Second Choice	Mixed Bean Quesadilla PB	Vegetable Samosa served with Rice & Dhal PB	Veggie Burger in a Bun with Salad PB	Lamb Tikka Masala served with Rice	Mexican Chicken Burrito
Pasta Bake / Jacket Potato Option	Pasta Bake V	Jacket Potato with Choice of Fillings	Pasta Bake V	Jacket Potato with Choice of Fillings V	Pasta Bake V
Vegetable Selection	Sweetcorn Fresh Broccoli	Green Beans Fresh Carrots	Seasonal Fresh Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Baked Beans
Dessert of the Day	Frozen Yoghurt with Fruit	ND Carrot Cake (egg free) SS	Fruit Smoothie	Chocolate Sponge & Chocolate Custard SS	Strawberry Mousse with Fresh Fruit SS
Daily Options					
Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt					

WEEK 3

13 NOV 4 DEC 15 JAN 5 FEB 4 MAR 25 MAR

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