



YOUR MENU @

**ESSEX
PRIMARY SCHOOL**

Spring - Summer 2024

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Sweet Chilli Meatballs with Rice	Lamb & Lentil Lasagne with Garlic Slice	Roast Chicken & Herby Stuffing with Roast Potatoes	Fruity Caribbean Chicken with Rice & Peas	Fish Fingers with Chips
Choice 2	Jacket Potato with Choice of Fillings	Pasta of the Day	Jacket Potato with Choice of Fillings	Pasta of the Day	Jacket Potato with Choice of Fillings
Choice 3	Quorn Dippers with Sweet & Sour Sauce & Egg Noodles V	Veggie Keema with Rice & Naan V	Roast Vegetable Tart served with Roast Potatoes PB	Wholemeal Spinach & Ricotta Pasta Parcels V	Pizza Slice with Chips V
Vegetable Selection	Sweetcorn Fresh Broccoli	Green Beans Fresh Carrots	Seasonal Fresh Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Baked Beans
Dessert of the Day	Raspberry Ripple Ice Cream Sponge Roll V	Apple Crumble served with Vanilla Ice Cream* V SS	Frozen Yoghurt served with Fruit Salad* V	St Clement's Cake* V SS	Belgian Style Waffle served with Fruit Salad V

Daily Options

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

WEEK 1

15 Apr, 6 May, 3 Jun, 24 Jun, 15 Jul, 2 Sep, 23 Sep, 14 Oct.

MEAT SERVED AT THIS SCHOOL IS HALAL

KEY: **V** - Vegetarian **PB** - Plant Based **SS** - Sugar Smart

* - (Egg Free Dessert Recipe)

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Spring - Summer 2024

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Chicken Burrito with Coleslaw & Mexican Salad	Baked Sausages served with Mashed Potatoes	Roast Lamb with Yorkshire Pudding served with Roast or New Potatoes	Chicken & Vegetable Jollof Rice	Fish in Batter with Chips
Choice 2	Pasta of the Day	Jacket Potato with Choice of Fillings	Pasta of the Day	Jacket Potato with Choice of Fillings	Pasta of the Day
Choice 3	Quorn Frankfurter Hot Dog with Jacket Wedges V	Vegetable Samosa, Dhal & Rice PB	Oriental Vegetable Stir Fry with Noodles V	Veggie Pasta Bake V	Chickpea & Potato Curry with Rice PB
Vegetable Selection	Sweetcorn Fresh Broccoli	Garden Peas Baked Beans	Seasonal Fresh Vegetables	Mixed Vegetables Sweetcorn	Fresh Carrots Green Beans
Dessert of the Day	SS Carrot Cake* V	SS Chocolate Sponge Slice served with Chocolate Custard V	Frozen Orange & Mango Smoothie* PB	SS Peach Melba Crumble & Ice Cream* V	Jelly served with Summer Fruit* PB

Daily Options

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

WEEK 2

22 Apr, 13 May, 10 Jun, 1 Jul, 22 July, 9 Sep, 30 Sep, 21 Oct

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Spring - Summer 2024

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Lamb or Fish & Vegetable Curry with Rice & Naan	Lamb Burger in a Bun with Herby Diced Potatoes	Souvlaki Chicken with New Potatoes	Jerk Spiced Chicken with Rice & Peas	Fish Fingers with Chips
Choice 2	Jacket Potato with Choice of Fillings	Pasta of the Day	Jacket Potato with Choice of Fillings	Pasta of the Day	Jacket Potato with Choice of Fillings
Choice 3	Mac & Cheese with Focaccia V	Vegetable & Mixed Bean Pie with Herby Potatoes V	Mediterranean Vegetable Tart with New Potatoes PB	Southern Style Burger in a Roll with Jacket Wedges V	Veggie 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	SS Fruit Flapjack* PB	SS Banana Slice* V	SS Lemon & Lime Cheesecake* V	SS Chocolate & Pear Pudding* V	Summer Fruit Platter with Ice Cream* V

Daily Options

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

WEEK 3

29 Apr, 20 May, 17 Jun, 8 Jul, 16 Sep, 7 Oct.

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