

# Tow Law Millennium Primary School : Lunch Menu Week 1

( week 17/4, 18/5, 5/6, 26/6, 17/7, 4/9, 25/9, 16/10)

Monday	Tuesday	Wednesday	Thursday	Friday
Pork Sausages with Creamed Potato and Gravy	Minced Beef and Vegetables with Creamed Potato	Roast Turkey And Yorkshire Pudding With New Potatoes and Gravy <b>N</b>	Chicken Korma with Wholegrain Rice <b>W</b>	Breaded Fish Fingers With Chipped Potatoes
Macaroni Cheese <b>V</b>	Homemade Cheese and Tomato Pizza with Oved Baked Jacket Wedges <b>W</b>	Vegetable Pastry Roll with New Potatoes and Gravy	Chinese Vegetarian Rice <b>V</b>	Vegetarian Dippers with Chipped Potatoes <b>V</b>
Jacket Potato with Salmon Mayonnaise <b>OF</b>	Jacket Potato with Beans	Jacket Potato with Tuna <b>OF</b>	Jacket Potato with Beans	Jacket Potato with Cheese
Ham Sandwich	Tuna Sandwich <b>OF</b>	Ham Sandwich	Cheese melt baguette <b>V</b>	Tuna Sandwich <b>OF</b>
Green Beans Carrots <b>N</b>	Sweetcorn Baked Beans <b>N</b>	Carrots Cabbage <b>N</b>	Peas Sweetcorn <b>N</b>	Baked Beans Peas <b>N</b>
Orange Drizzle Cake with Custard	Hot Chocolate Sponge with Chocolate Custard	Strawberry Jelly and Fruit <b>F</b>	Flapjack with Fruit <b>F</b>	Chocolate Ice Cream

**KEY:** **V** = Vegetarian **OF** = Oily fish **W** = Wholegrain **F** = Fruity **N** = Nutritionist's choice

**Available daily:** Water, salad, freshly baked bread, yoghurt and fresh fruit.

## Tow Law Millennium Primary School: Lunch Menu Week 2

(week 24/4, 15/5, 12/6, 3/7, 11/9, 2/10, 23/10)

Monday	Tuesday	Wednesday	Thursday	Friday
Vegetarian Meatball's in Tomato Sauce with Wholemeal Pasta <b>W, V</b>	Chinese Chicken and Vegetable Rice <b>W</b>	Roast Turkey with Roast Potatoes and Gravy	Beef Lasagne with Garlic and Herb Bread <b>N, W</b>	Breaded Fish Fingers with Chipped Potatoes
Cauliflower Macaroni Cheese with Crusty Bread <b>V</b>	Pizza Wheel with Potato Wedges <b>W, V</b>	Tomato Pasta with Garlic and Herb Bread <b>W, V</b>	Sweet Chilli Vegetable Noodles <b>V</b>	Vegetarian Sausage in a Bun with Chipped Potatoes <b>V</b>
Jacket Potato with Tuna <b>OF</b>	Jacket potato with beans <b>N</b>	Jacket Potato with Cheese	Jacket Potato with Tuna <b>OF</b>	Jacket Potato with Beans <b>N</b>
Ham Sandwich	Cheese Sandwich	Tuna Sandwich <b>OF</b>	Ham Sandwich	Tuna Sandwich <b>OF</b>
Peas Carrots <b>N</b>	Baked Beans Sweetcorn <b>N</b>	Cabbage Carrots <b>N</b>	Sweetcorn Green Beans <b>N</b>	Baked Beans Pease <b>N</b>
Oat Chocolate Cookie with Fruit <b>N</b>	Vanilla Cake with Custard	Chocolate and Banana Marble Cake with Custard	Flapjack with Fruit <b>F</b>	Chocolate and Orange Muffin

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# Tow Law Millennium Primary School: Lunch Menu Week 3

(week 1/5, 22/5, 19/6, 10/7, 18/9, 9/10)

Monday	Tuesday	Wednesday	Thursday	Friday
Vegetarian Bolognese With Wholemeal Pasta <b>W, N, V</b>	Cottage Pie	Roast Pork in a Bun with Gravy and Oven Baked Potato Wedges	Butter Chicken Curry with Wholegrain Rice <b>W</b>	Southern Fried Chicken with Chipped Potatoes
Cheese and Tomato Pizza with Oven Baked Potato Wedges <b>V, W</b>	Mexican Vegetarian Tortilla Pie with Wholegrain Rice <b>V, W, N</b>	Cheesy Ploughman's Picnic Plate With Oven Baked Potato Wedges <b>W, V</b>	Tomato Pasta Bake with Garlic Dough Balls <b>V</b>	Tomato Veggie Burger with Chipped Potatoes <b>V</b>
Jacket Potato with Beans <b>N</b>	Jacket potato with tuna <b>OF</b>	Jacket Potato with Cheese	Jacket potato with tuna <b>OF</b>	Jacket Potato with Beans
Ham Sandwich	Cheese Sandwich	Tuna Sandwich <b>OF</b>	Ham Sandwich	Tuna Sandwich <b>OF</b>
Carrot Sticks Baked Beans <b>N</b>	Cabbage Peas <b>N</b>	Coleslaw Carrots <b>N</b>	Sweetcorn Green Beans <b>N</b>	Peas Baked Beans <b>N</b>
Feathered Jam Sponge with Custard	Flapjack with Fruit <b>F</b>	Pineapple Upside Down Cake With Custard	Chocolate Brownie with Fruit <b>F</b>	Frozen Mango Yoghurt

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