

## Avonmore Primary School – Winter Lunch Menu 2021/22

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Soup served with bread and butter	Tomato and Carrot	Mixed Bean	Spiced Lentil and Coconut	Broccoli and Watercress	Tomato and Bean
Meat/ Fish Main Course	Spaghetti Bolognese	Shepherd's Pie	Roast Chicken		Fish Finger
Vegetarian	Vegetarian Moussaka	Vegetarian Shepherd's Pie with Gravy	Vegetarian Wellington	Baked Beans Cheese	Vegetarian Sausages
Carbohydrates			Roast Potatoes	Jacket Potato	Chips Baked beans
Vegetables	Broccoli	Green Beans and Peas	Cabbage and Peas	Tuna mayo	
Salads of the Day	Greek Salad	Winter Salad	Spinach and Chickpea salad	Winter salad	Roasted Vegetables
Dessert served with a portion of fruit daily	Sugar-Free Yoghurt with Honey	Apple Crumble and Custard	Cheese & crackers	Apple Crumble and Custard	Banoffee Pie with Fresh Cream

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Soup served with bread and butter	Tomato and Bean	Pea and Broccoli	Spiced Carrot	Roasted Beetroot	Watercress and Potato
Meat/ Fish Main Course	Macaroni cheese	Vegetable Curry	Lamb Sausages	Meatballs with Pasta	Roasted salmon
Vegetarian	Vegetarian Moussaka	Dahl Curry	Vegetarian Sausages	Vegetarian Meatballs	Bean curry
Carbohydrates		Rice	Mashed potatoes	Jacket potato	Rice
Vegetables	Steamed Carrots and Broccoli	Chapati Bread	Petit Pois/Garden Peas	Broccoli	Mixed vegetables
Salads of the Day	Pea, Mint and Feta	Raita	Greek Salad	Tomato Mint & Onion	Caesar Salad
Dessert served with a portion of fruit daily	Fresh Fruit Salad	Carrot Cake	Banoffee Pie	Cherry cake	Sugar-free yoghurt with honey

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Soup served with bread and butter	Spiced Lentils	Pea and Potato	Pea and Potato	Tomato and Carrot	Mixed Bean
Meat/ Fish Main Course	Jacket Potatoes	Coconut Vegetable Curry	Meat Lasagne	Roast Chicken	Fish Finger
Vegetarian	Vegetarian Chilli	Dahl Curry Cauliflower and Potato Curry	Vegetarian Lasagne	Vegetarian Wellington	Vegetarian Sausages
Carbohydrates		Rice		Roast Potatoes	Chips
Vegetables	Baked Beans		Carrots	Broccoli	Baked Beans
Salads of the Day	Coleslaw	Raita	Tomato and Salsa Verde	Cous Cous and vegetable salad	Peppers, Tomato and Feta
Dessert served with a portion of fruit daily	Sugar-Free Yoghurt with Honey	Cheese Cake	Fresh fruit salad	Cheese and Crackers	Carrot Cake

We have worked closely with School Council to create this menu following Government nutritional guidelines

We always use halal meat in our meals. We are also a nut & pork free kitchen. We serve two sugar free desserts.