



**Bowesfield Primary Menu**

# Weekly Menu 3

18<sup>th</sup> September, 16<sup>th</sup> October, 20<sup>th</sup> November & 18<sup>th</sup> December, 2023

Dish	Day 1	Day 2	Day 3	Day 4	Day 5
<b>Blue Choice</b>	Salmon & Sweet Potato Fishcake Oven Roasted Potatoes Sweetcorn & Broccoli	Lasagne Homemade Garlic Bread Garden Peas	Chicken Curry with Rice Mixed Vegetables	Lamb Casserole & Dumplings Oven Roasted Potatoes Green Beans & Diced Carrots	Harry Ramsden Fish Fillet Oven Baked Chips Garden Peas & Spaghetti Hoops
<b>Green Choice</b>	Homemade Pizza (V) Oven Roasted Potatoes Sweetcorn Broccoli	Quorn Chicken Wrap (V) Baked Jacket Potatoes Garden Peas	Quorn Sausage Bun (V) Baked Potato Wedges Spaghetti Hoops	Pizza (V) Oven Roasted Potatoes Baked Beans	Quorn Burger (V) in a Bun Oven Baked Chips Garden Peas & Spaghetti Hoops
<b>Black Choice</b>	Egg Mayonnaise Sandwich (V)	Jacket Potato served with Cheese (V), Tuna or Beans (V)	Cheese Sandwich (V)	Jacket Potato served with Cheese (V), Tuna or Beans (V)	Tuna Sandwich
<b>Desserts</b>	Jam Sponge & Custard Sauce Jelly or Mousse Fresh Fruit Bowl Fresh Fruit Salad Yoghurt	Homemade Shortbread Biscuit Jelly or Mousse Fresh Fruit Bowl Grape & Melon Pots Yoghurt	Chocolate Crunch & Custard Sauce Jelly or Mousse Fresh Fruit Bowl Fresh Fruit Salad Yoghurt	Syrup Roly Poly & Custard Sauce Jelly or Mousse Fresh Fruit Bowl Melon Yoghurt	Ice Cream Tubs Jelly or Mousse Fresh Fruit Bowl Fresh Fruit Salad Yoghurt



For allergen information please ask a member of the Catering Team

Salad bar available daily

Fresh juice, milk & water served daily

Daily additional choice: Homemade biscuit & yoghurt