



ST WILFRD'S PRIMARY

SPRING SUMMER 2024



Colours in the left column represent the band colour you should choose for the meal that day

WEEK ONE		GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEKS COMMENCING: 15/04/24 : 06/05/24 : 27/05/24 : 17/06/24 : 08/07/24 : 29/07/24 : 19/08/24 : 09/09/24 : 30/09/24 : 21/10/24	Main Course	Veggie Pasta Carbonara	All Day Pork Sausage Breakfast with Herby Diced Potatoes & Baked Beans	Chicken Pie with Mashed Potatoes	Chicken Curry with Mixed Rice	Fish Fingers with Chips & Tomato Ketchup
	Vegetarian Main Course	Cheese & Tomato Pizza with Baked Potato Wedges	Veggie Chilli with Mixed Rice	Roasted Vegetable & Lentil Loaf with Mashed Potatoes and a Sticky Ketchup Glaze	Cauliflower Cheese & Pasta Bake	Cheese Flan with Chips & Tomato Ketchup
	Jacket Potato & Filling	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans, Salmon Mayo
	Sandwich on a Plate	Cheese Sandwich	Cheese Sandwich	Cheese Sandwich	Cheese Sandwich	Cheese Sandwich
	Sandwich on a Plate		Ham Sandwich	Tuna Sandwich	Ham Sandwich	Tuna Sandwich
	Vegetables	Broccoli, Cauliflower & Carrots & Mixed Fresh Salad	Roasted Peppers & Sweetcorn & Mixed Fresh Salad	Carrots, Broccoli & Mixed Fresh Salad	Sweetcorn, Country Mixed Vegetables & Mixed Fresh Salad	Garden Peas, Baked Beans & Mixed Fresh Salad
	Dessert	Vanilla Sponge & Custard	Chocolate Shortbread Biscuits & Fruit Slices	Iced Banana Traybake	Oat & Raisin Cookie & Fresh Watermelon Slice	Chocolate Ice Cream
WEEK TWO		GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEKS COMMENCING: 22/04/24 : 13/05/24 : 03/06/24 : 24/06/24 : 15/07/24 : 05/08/24 : 26/08/24 : 16/09/24 : 07/10/24	Main Course	Macaroni Cheese	Hot Dog Baguette with Baked Potato Wedges and Coleslaw	Roast Gammon with Roast Potatoes & Gravy	Beef Bolognese & Penne Pasta	Fish with Chips & Tomato Ketchup
	Vegetarian Main Course	Cheese & Tomato Pizza with Garlic Bread	Vegetarian Chilli Wedge Bake	Quorn Burger with Roast Potato & Gravy	Veggie Mince Bolognese & Penne Pasta	Cheese & Onion Puff Pastry Roll with Chips & Tomato Ketchup
	Jacket Potato & Filling	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo
	Sandwich on a Plate	Cheese Sandwich	Cheese Sandwich	Cheese Sandwich	Cheese Sandwich	Cheese Sandwich
	Sandwich on a Plate		Ham Sandwich	Hot Roast Baguette	Ham Sandwich	Tuna Sandwich
	Vegetables	Garden Peas, Carrots & Mixed Fresh Salad	Sweetcorn, Baked Beans, Coleslaw Salad & Mixed Fresh Salad	Cauliflower, Carrots, Peas & Mixed Fresh Salad	Broccoli, Carrots, Cauliflower & Mixed Fresh Salad	Garden Peas, Baked Beans & Mixed Fresh Salad
	Dessert	Lemon Drizzle Cake	Flapjack Finger & Fresh Watermelon Slice	Freshly Baked Chocolate Cookie	Strawberry Jelly	Homemade Shortbread Biscuits
WEEK THREE		GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEKS COMMENCING: 29/04/24 : 20/05/24 : 10/06/24 : 01/07/24 : 22/07/24 : 12/08/24 : 02/09/24 : 23/09/24 : 14/10/24	Main Course	Vegetable Chilli & Rice	Farm Assured Pork Sausage Roll with Baked Potato Wedges	Roast Gammon with Roast Potatoes & Gravy	Sticky BBQ Chicken & Vegetables with Noodles	Fish Fingers with Chips & Tomato Ketchup
	Vegetarian Main Course	Cheese & Tomato Pizza with Baked Potato Wedges	Macaroni Cheese	Quorn Burger Roast with Roast Potatoes & Gravy	Home Baked Vegetarian Lasagne	Cheese & Onion Roll with Chips & Tomato Ketchup
	Jacket Potato & Filling	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo
	Sandwich on a Plate	Cheese Sandwich	Cheese Sandwich	Cheese Sandwich	Cheese Sandwich	Cheese Sandwich
	Sandwich on a Plate		Ham Sandwich	Hot Roast Baguette	Ham Sandwich	Tuna Sandwich
	Vegetables	Roasted Peppers & Sweetcorn & Mixed Fresh Salad	Country Mixed Vegetables, Baked Beans & Mixed Fresh Salad	Carrots, Garden Peas & Mixed Fresh Salad	Broccoli, Cauliflower, Carrots & Mixed Fresh Salad	Garden Peas, Baked Beans & Mixed Fresh Salad
	Dessert	Baked Apple Sponge with Custard	Tootie Fruity Jelly and Mandarins	Freshly Baked Vanilla Cookie	Zesty Lemon & Blueberry Yoghurt Cake	Chocolate Sponge

Yoghurt and fruit will also be available each day as an alternative to dessert. A selection of breads, salads and fresh drinking water will be available daily.