

WEEK 1 | BETTY LAYWARD PRIMARY SCHOOL

Autumn/Winter 2021

radish
IT'S ALL GOOD



Week Commencing:
06/09, 27/09,
18/10, 15/11,
05/12

Meat-free Mondays

Option 1

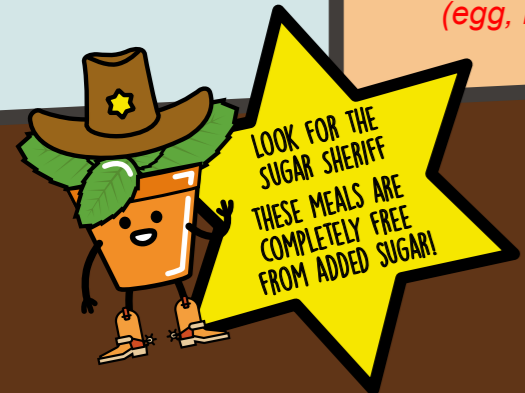
Option 2 ^V
Vegetarian

Option 3

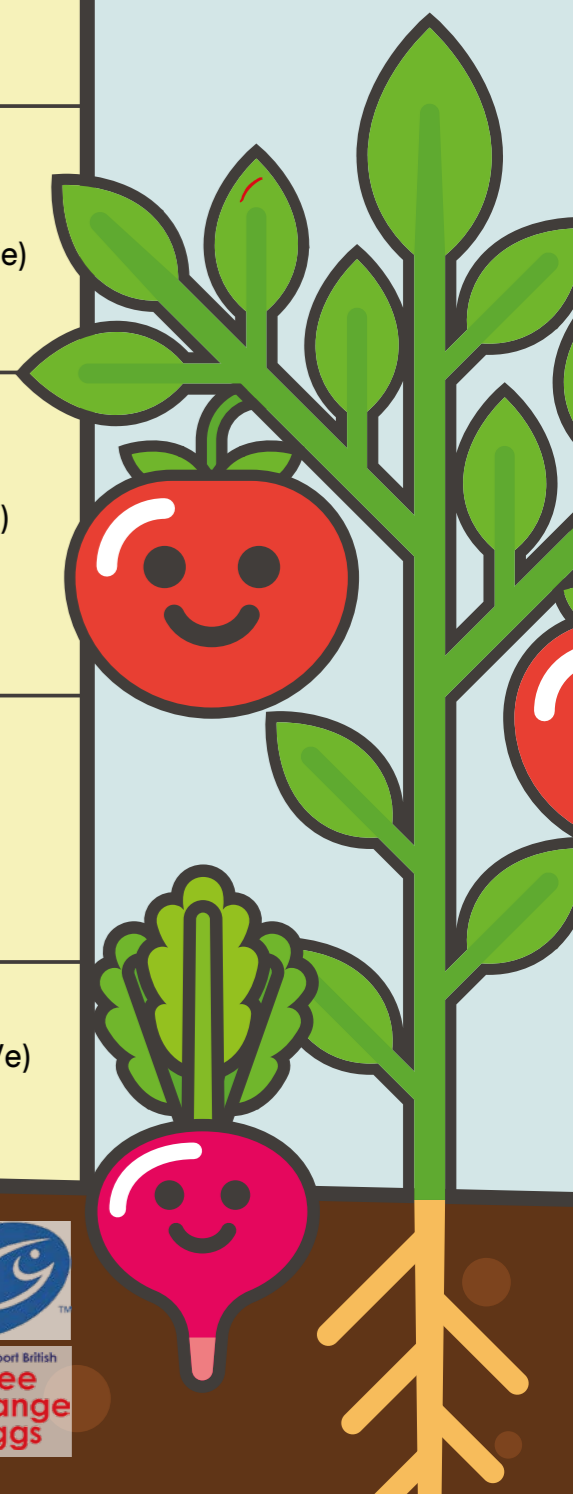
Vegetables

Dessert

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Carrot and Coriander Soup served with Freshly Baked Wholemeal Bread (Ve) <i>(gluten)</i>	Chicken, Tomato and Mixed Pepper Bake served with Steamed Rice	Roast Chicken served with Stuffing, Roast Potatoes and Gravy <i>(gluten)</i>	Beef Keema served with Steamed Rice <i>(celery, milk, gluten)</i>	Breaded Fish served with Chips <i>(fish, gluten)</i>
Option 2 ^V Vegetarian	Macaroni Cheese <i>(milk, gluten)</i>	Vegetarian Sausage (Ve) served with Mashed Potato and Gravy <i>(milk, soya, sulphur)</i>	Sweet Potato and Lentil Wellington served with Roast Potatoes and Gravy (Ve) <i>(soya, gluten)</i>	Tandoori Vegetables served with Steamed Rice <i>(milk, gluten)</i>	Quorn Nuggets served with Chips (Ve) <i>(gluten)</i>
Option 3	Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw <i>(fish, egg, milk)</i>	Tomato and Basil Pasta (Ve) <i>(gluten)</i>	Roasted Red Pepper Pasta (Ve) <i>(gluten)</i>	Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw <i>(fish, egg, milk)</i>	Neapolitan Pasta (Ve) <i>(gluten)</i>
Vegetables	Roasted Root Vegetables	Carrots Garden Peas	Sweetcorn Steamed Cabbage	Green Beans Carrots	Garden Peas Baked Beans
Dessert	Iced Chocolate Sponge <i>(egg, milk, gluten)</i>	Fruit Slushy (Ve)	Apple and Cinnamon Sponge with Custard <i>(egg, milk, gluten)</i>	Banana Bread <i>(egg, milk, gluten)</i>	Orange Shortbread (Ve) <i>(gluten)</i>



Freshly Baked Bread, Salad Bar, Yoghurt and Fresh Fruit are available daily



WEEK 2 BETTY LAYWARD PRIMARY SCHOOL

Autumn/Winter 2021

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Week Commencing:

13/09, 04/10,
01/11, 22/11,
13/12

Meat-free Mondays



Option 1

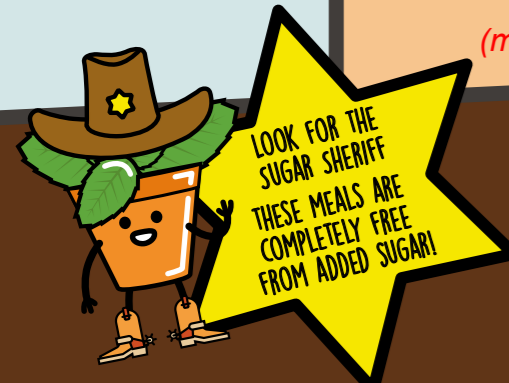
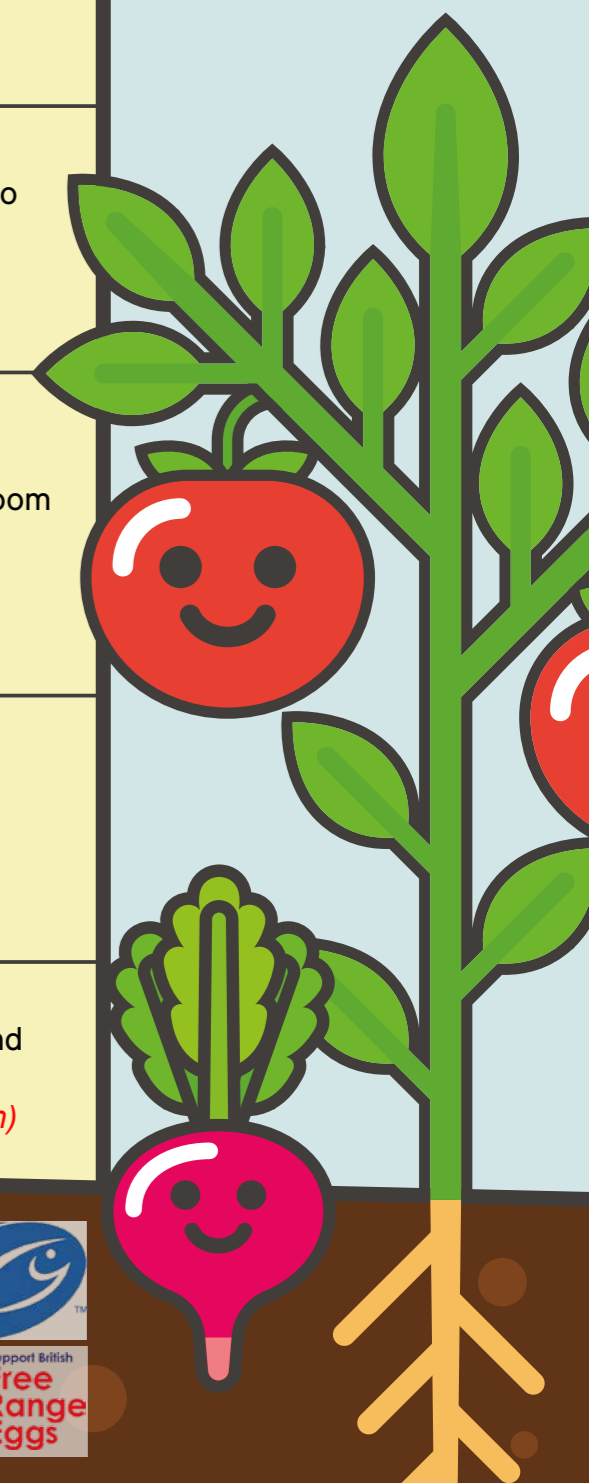
Option 2 V
Vegetarian

Option 3

Vegetables

Dessert

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Tomato and Basil Soup served with Freshly Baked Wholemeal Bread (Ve) <i>(celery, gluten)</i>	Beef Lasagne <i>(milk, gluten)</i>	Toad in the Hole (Chicken Sausage) <i>(egg, milk, mustard, soya, sulphur, gluten)</i>	Chicken Tikka Masala served with Steamed Rice <i>(milk)</i>	Fish Fingers or Salmon Fish Fingers served with Chips <i>(fish, gluten)</i>
Option 2 V Vegetarian	Cheese and Tomato Pizza served with Potato Wedges <i>(egg, milk, gluten)</i>	Vegetable and Bean Jambalaya (Ve)	Toad in the Hole (Vegetarian Sausage) <i>(egg, milk, soya, sulphur, gluten)</i>	Mexican Rice Wrap (Ve) <i>(gluten)</i>	Cheese and Tomato Turnover served with Chips <i>(egg, milk, gluten)</i>
Option 3	Spicy Tomato Pasta (Ve) <i>(gluten)</i>	Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw <i>(fish, egg, milk)</i>	Tomato and Basil Pasta (Ve) <i>(gluten)</i>	Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw <i>(fish, egg, milk)</i>	Tomato and Mushroom Pasta (Ve) <i>(gluten)</i>
Vegetables	Broccoli Sweetcorn	Carrots Garden Peas	Green Beans Carrots	Medley of Vegetables	Garden Peas Baked Beans
Dessert	Fruit Crumble (Ve) with Custard <i>(milk, gluten)</i>	Fruit Slushy (Ve)	Orange Jelly (Ve) <i>(may contain milk)</i>	Spiced Oat Biscuit (Ve) <i>(gluten)</i>	Vanilla, Honey and Yoghurt Cake <i>(egg, milk, gluten)</i>



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WEEK 3 BETTY LAYWARD PRIMARY SCHOOL

Autumn/Winter 2021

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20/09, 11/10,
08/11, 29/11

Meat-free Mondays

Option 1

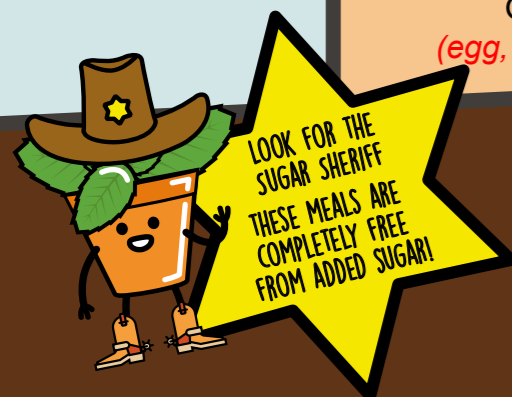
Option 2 ^V
Vegetarian

Option 3

Vegetables

Dessert

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Leek and Potato Soup served with Freshly Baked Wholemeal Bread (Ve) <i>(gluten)</i>	Beef Pasta Bolognese <i>(gluten)</i>	Roast Turkey served with Stuffing, Roast Potatoes and Gravy <i>(gluten)</i>	Chicken Balti served with Steamed Rice <i>(milk, gluten)</i>	Breaded Fish served with Chips <i>(fish, gluten)</i>
Option 2 ^V Vegetarian	Spanish Omelette served with New Potatoes <i>(egg, milk)</i>	Vegetarian Pasta Bolognese (Ve) <i>(soya, gluten)</i>	Roast Quorn served with Stuffing, Roast Potatoes and Gravy <i>(egg, milk, gluten)</i>	Spinach, Potato and Chick Pea Curry served with Steamed Rice (Ve) <i>(may contain gluten)</i>	Vegetable Nuggets served with Chips (Ve) <i>(gluten)</i>
Option 3	Cheesy Tomato Pasta <i>(milk, gluten)</i>	Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw <i>(fish, egg, milk)</i>	Roasted Vegetable Pasta (Ve) <i>(gluten)</i>	Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw <i>(fish, egg, milk)</i>	Tomato and Basil Pasta (Ve) <i>(gluten)</i>
Vegetables	Garden Peas Carrots	Cauliflower Sweetcorn	Butternut Squash Green Beans	Sweetcorn Carrots	Garden Peas Baked Beans
Dessert	Pineapple Upside Down Cake served with Custard <i>(egg, milk, gluten)</i>	Fruit Slushy (Ve)	Chocolate Cookie (Ve) <i>(gluten)</i>	Fruit Flapjack (Ve) <i>(sulphur, gluten)</i>	Vanilla Sponge with Custard <i>(egg, milk, gluten)</i>



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