

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

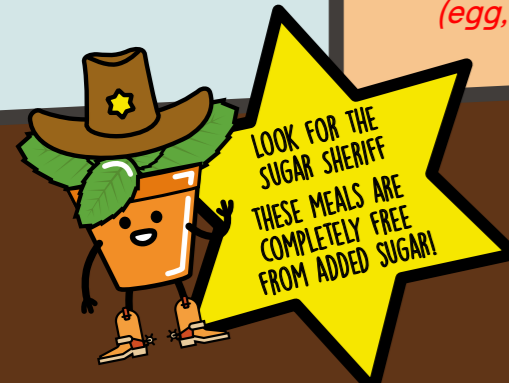
Option 2 ^V
Vegetarian

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>	Minced Beef Curry 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>	Veggie Mince Curry served with Steamed Rice (Ve) <i>(celery, soya, 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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IT'S ALL GOOD



Meat-free Mondays



Week Commencing:

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

Option 1

Monday

Tomato and Basil Soup served with Freshly Baked Wholemeal Bread (Ve)
(celery, gluten)

Tuesday

Beef Lasagne
(milk, gluten)

Wednesday

Chicken Sausage served with Mashed Potato and Gravy
milk, gluten, soya, sulphur

Thursday

Chicken Tikka Masala served with Steamed Rice
(milk)

Friday

Fish Fingers or Salmon Fish Fingers served with Chips
(fish, gluten)

Option 2 V
Vegetarian

Cheese and Tomato Pizza served with Potato Wedges
(egg, milk, gluten)

Vegetable and Bean Jambalaya (Ve)

Vegetarian Sausage served with Mashed Potato and Gravy
milk, soya, sulphur

Mexican Rice Wrap (Ve)
(gluten)

Cheese and Tomato Turnover served with Chips
(egg, milk, gluten)

Option 3

Spicy Tomato Pasta (Ve)
(gluten)

Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw
(fish, egg, milk)

Tomato and Basil Pasta (Ve)
(gluten)

Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw
(fish, egg, milk)

Tomato and Mushroom Pasta (Ve)
(gluten)

Vegetables

Broccoli
Sweetcorn

Carrots
Garden Peas

Green Beans
Carrots

Medley of Vegetables

Garden Peas
Baked Beans

Dessert

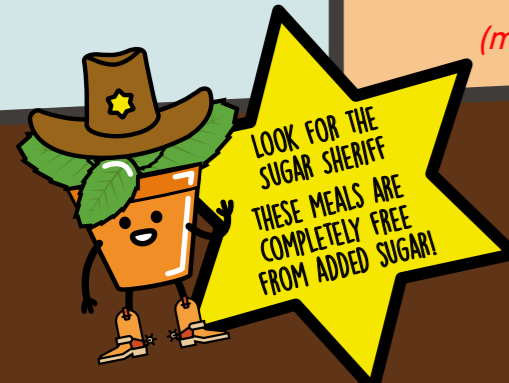
Fruit Crumble (Ve) with Custard
(milk, gluten)

Fruit Slushy (Ve)

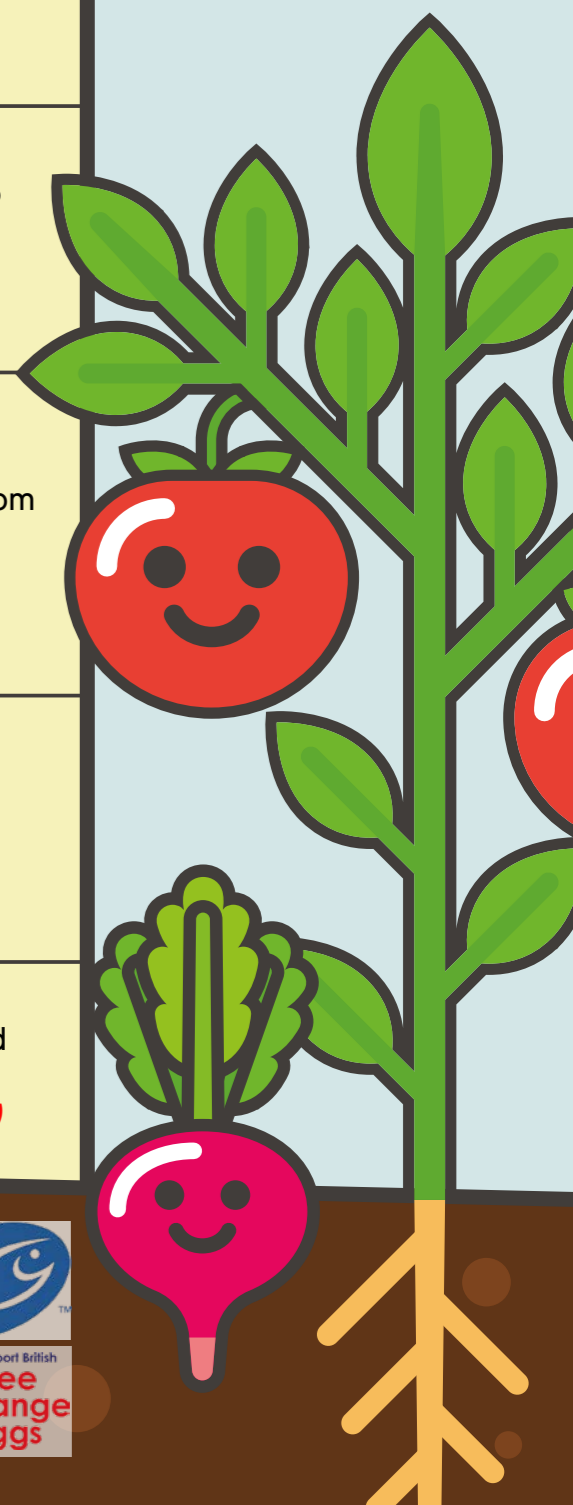
Orange Jelly (Ve)
(may contain milk)

Spiced Oat Biscuit (Ve)
(gluten)

Vanilla, Honey and Yoghurt Cake
(egg, milk, gluten)



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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

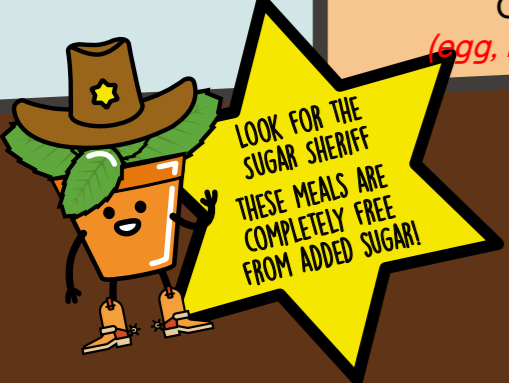
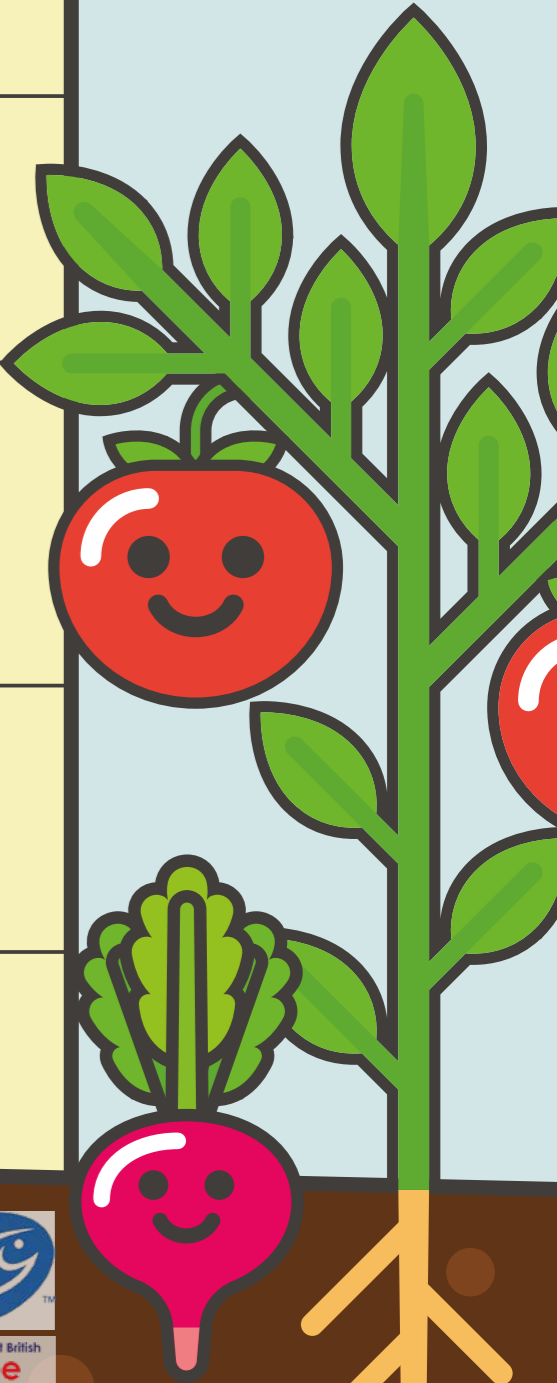
Option 2 V
Vegetarian

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>€m,] qê</i>	Chicken Balti served with Steamed Rice <i>ê th@m,] qê</i>	Breaded Fish served with Chips <i>æd@m,] qê</i>
Option 2 V Vegetarian	Vegetable Burger served with Herby Diced Potatoes (Ve) <i>€gluten, sesame, sulphur)</i>	Vegetarian Pasta Bolognese (Ve) <i>€s' P@m,] qê</i>	Roast Quorn served with Stuffing, Roast Potatoes and Gravy <i>ê cc@ê th@m,] qê</i>	Spinach, Potato and Chick Pea Curry served with Steamed Rice (Ve) <i>ê P' ð'sq, P@q@m,] qê</i>	Vegetable Nuggets served with Chips (Ve) <i>€m,] qê</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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