



Spring 1 Menu

Week One

05/01/2022

Tottenham

Primary Menu Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option One	Vegetable Curry with Mixed Rice	Halal Lamb Pasta Bolognese & Garlic Bread	Roast Chicken & Roast Potatoes with Stuffing & Gravy	Chicken Curry & Mixed Rice	Crispy Fish Cheeseburger & Chips with Tomato Sauce
Jacket Potato Option	Freshly Baked Jacket Potato with: Tuna & Mayonnaise Grated Cheese - Baked Beans Salmon & Mayonnaise				
Main Meal Option Two	Wholemeal Margherita Pizza Slice with Jacket Wedges	Veggie Mince Spaghetti Bolognese & Garlic Bread	Quorn Meatballs	Sticky Barbecue Vegetables & Noodles	Crispy Veggie Burger With Chips and Lemon Slaw or Tomato Sauce
Pasta Option	Pasta with a choice of Cheese or Tomato Sauce	Pasta with a choice of Cheese or Tomato Sauce	Pasta with a choice of Cheese or Tomato Sauce	Pasta with a choice of Cheese or Tomato Sauce	Pasta with a choice of Cheese or Tomato Sauce
Vegetables	Green Beans - Sweetcorn	Broccoli - Roasted Summer Vegetables	Cauliflower - Seasonal Greens	Carrots - Mixed Salad	Baked Beans - Garden Peas
Dessert	Orange & Banana Traybake	Apple Flapjack	Apple Crumble	Watermelon & Pineapple Slices	Chocolate Cookie

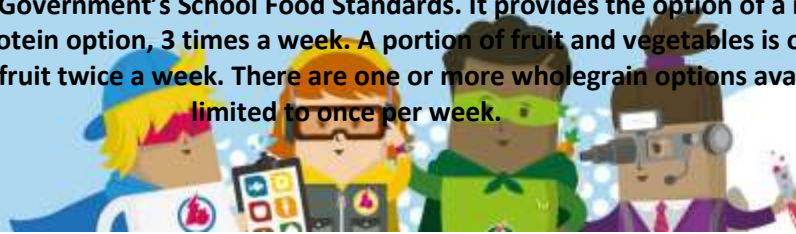
Available Daily

Freshly Baked bread

Packed Lunch Offer

Menu Notes

This reduced menu has been designed in line with the Government's School Food Standards. It provides the option of a meat/ fish dish daily as well as a vegetarian or vegan meal option, including a vegetarian non-dairy protein option, 3 times a week. A portion of fruit and vegetables is offered daily, along with a portion of dairy, and there is the offer of a dessert containing at least 50% fruit twice a week. There are one or more wholegrain options available each week, and foods cooked in oil are limited to once per week.





Spring 1 Menu

Week Two

10/01/2022

Tottenham

Primary Menu Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Wholemeal Margherita Pizza with Herby Diced Potatoes	Chicken Pasta	Roast Chicken with Yorkshire Pudding, Roast Potatoes and Gravy	Chicken & Sweetcorn Meatballs with Arrabiata Sauce and Baked Wedges	Fish Fingers & Chips
Jacket Potato Option	Freshly Baked Jacket Potato with: Tuna & Mayonnaise Grated Cheese - Baked Beans Salmon & Mayonnaise				
Main Meal Option Two	Vegetable Stew with Rice	Vegetable Curry & Mixed Rice	Roast Veggie Balls with Yorkshire Pudding, Roast Potatoes and Gravy	Creamy Baked Macaroni Cheese	Veggie Hot Dog with Onions & Chips
Pasta Option	Pasta with a choice of Cheese or Tomato Sauce	Pasta with a choice of Cheese or Tomato Sauce	Pasta with a choice of Cheese or Tomato Sauce	Pasta with a choice of Cheese or Tomato Sauce	Pasta with a choice of Cheese or Tomato Sauce
Vegetables	Sweetcorn & Peppers – Gardens Peas	Green Beans - Cauliflower	Carrots - Savoy Cabbage	Broccoli - Roasted Winter Vegetables	Baked Beans - Garden Peas
Dessert	Oaty Raisin Cookies with Watermelon Slice	Cinnamon Pear Upside Down Cake with Chocolate Drizzle	Jam Tart & Custard	Lemon & Blueberry Yoghurt Cake	Chocolate Brownie

Available Daily

Freshly Baked Bread
Packed Lunch Offer

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Spring 1 Menu

Week Three

17/01/2022

Tottenham

Primary Menu Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option One	Veggie Meatballs with a Mediterranean Tomato Sauce & Rice	Traditional Toad in the Hole (chicken sausage) With Mashed Potato / Rice	Roast Chicken with Roast Potatoes with Stuffing and Gravy	Chicken Casserole with Mixed Rice	Fish & Chips With Tomato Sauce
Jacket Potato Option	Freshly Baked Jacket Potato with: Tuna & Mayonnaise Grated Cheese - Baked Beans Salmon & Mayonnaise				
Main Meal Option Two	Wholemeal Margherita Pizza With Baby Baked Potatoes	Autumn Vegetable and Whole-wheat Lasagne	Roast Veggie Meatballs	Tomato, Basil & Courgette Pasta Bake	Quorn Veggie Sausage With Chips and Tomato Sauce
Pasta Option	Pasta with a choice of Cheese or Tomato Sauce	Pasta with a choice of Cheese or Tomato Sauce	Pasta with a choice of Cheese or Tomato Sauce	Pasta with a choice of Cheese or Tomato Sauce	Pasta with a choice of Cheese or Tomato Sauce
Vegetables	Mixed Vegetables - Garden Salad	Green Beans - Cauliflower	Carrots	Broccoli - Sweetcorn	Baked Beans - Garden Peas
Dessert	Chocolate Shortbread with Apple Smiles	Carrot Cake Cookie	Peach Shortcake Bar & Custard	Watermelon & Pineapple Slices	Lemon & Courgette Slice

Available Daily

Freshly Baked Bread
Packed Lunch Offer

Menu Notes

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