

Swain House Primary School

Homemade bread,
selection of seasonal
vegetables or fresh
salad served daily

Wk 1 - 21st Apr, 12th May,
2nd Jun, 23rd Jun, 14th Jul,
1st Sep, 22nd Sep, 13th Oct
Wk 2 - 28th Apr, 19th May,
9th Jun, 30th Jun, 21st Jul,
8th Sep, 29th Sep, 20th Oct
Wk 3 - 5th May, 26th May,
16th Jun, 7th Jul, 28th Jul,
15th Sep, 6th Oct, 27th Oct

MON

TUES

WED

THUR

FRI

WEEK 1

-  **Cheese Flan**
(Served with Paprika Potatoes, Seasonal Vegetables or Salad)
-  **Fajita Pasta Bake**
(Served with Crusty Bread, Salad or Seasonal Vegetables)



- Assorted Jacket Potatoes**
-  **Hot Sub Roll**

-  **Apple Cake**
(Baked Vanilla Sponge with Blended Apples & topped with Icing Sugar)
-  **Freshly Prepared Fruit**

Chicken Tikka Masala
(Served with Rice & Salad)

-  **Halal Chicken Korma**
(Served with Naan Bread & Salad)
-  **Vegetarian Mince Lasagne**
(Served with Garlic Bread & Salad)

- Assorted Jacket Potatoes**
-  **Hot Sub Roll**

-  **Flapjack**
-  **Freshly Prepared Fruit**

Roast Dinner
(Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy)

-  **Halal Roast Chicken Tikka Dinner**
(Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy)

-  **Veggie Mince Shepherds Pie**
(Served with Yorkshire Pudding & Seasonal Vegetables)

- Assorted Jacket Potatoes**
-  **Hot Sub Roll**

-  **Cornflake Tart**
(Served with Custard)
-  **Freshly Prepared Fruit**

-  **Cheese & Tomato Pizza**
(Served with Jacket Wedges & Beans or Salad)

-  **Mini Meatless Ball Pizza**
(Served with Jacket Wedges, Baked Beans or Salad)

- Assorted Jacket Potatoes**
- Selection of Sandwiches**

-  **Marble Sponge**
(Served with Chocolate Sauce)
-  **Freshly Prepared Fruit**

Southern Fried Chicken Goujons
(Served with Chips, Salad or Seasonal Vegetables)

MSC Battered Fish
(Served with Chips, Salad or Vegetables)


-  **Vegetable Dippers**
(Served with Ketchup, Chips, Salad or Seasonal Vegetables)

- Assorted Jacket Potatoes**
- Selection of Sandwiches**

-  **Ice Cream Tubs**
-  **Freshly Prepared Fruit**

WEEK 2

-  **Homemade Cheese & Onion Pasty**
(Served with Seasoned Potatoes, Salad or Seasonal Vegetables)

-  **Bombay Veg Biryani**
(Curried Vegetables & Rice served with Naan Bread & Salad)



- Assorted Jacket Potatoes**
-  **Hot Sub Roll**

-  **Chocolate Crispy Crunch**
-  **Freshly Prepared Fruit**

Spaghetti Bolognaise
(Spaghetti Bolognaise, served with Garlic Bread & Salad)

-  **Halal Spaghetti Bolognaise**
(Spaghetti Bolognaise served with Garlic Bread & Salad)
-  **Arrabiata Pasta**
(Served with Crusty Bread & Salad)

- Assorted Jacket Potatoes**
-  **Hot Sub Roll**

-  **Volcano Buns**
(A Sponge-like Biscuit with a Jam / Lemon filling)
-  **Freshly Prepared Fruit**

Roast Dinner
(Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy)

-  **Halal Roast Chicken Tikka Dinner**
(Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy)

-  **Savoury Veggie Mince & Tatties**
(Soya Mince & Vegetables served in a Yorkshire Pudding)


- Assorted Jacket Potatoes**
-  **Hot Sub Roll**

-  **Old School Sponge Cake**
(Served with Custard)
-  **Freshly Prepared Fruit**

-  **Cheese & Tomato Pizza**
(Served with Chips & Beans or Salad)

-  **Savoury Rolls**
(Served with Chips & Salad or Beans)

- Assorted Jacket Potatoes**
- Selection of Sandwiches**

-  **Chocolate Sponge**
(Served with Chocolate Sauce)
-  **Freshly Prepared Fruit**

All Day Brunch
(Traditional Breakfast items: Sausage, Egg, Toast & Beans)


MSC Fish Fingers
(Served with Jacket Wedges & Salad or Seasonal Vegetables)

-  **All Day Vegetarian Brunch**
(Quorn Sausage, Scrambled Egg, Baked Beans, Chips & Bread and Butter)

- Assorted Jacket Potatoes**
- Selection of Sandwiches**

-  **Oat Cookie**
-  **Freshly Prepared Fruit**

WEEK 3

-  **Mac & Cheese**
(Served with Crusty / Garlic Bread & Salad)

-  **Veg Jambalaya**
(Seasoned Vegetables & Rice, served with Crusty Bread & Salad)

- Assorted Jacket Potatoes**
-  **Hot Sub Roll**

-  **Jam Sponge**
(Served with Custard)
-  **Freshly Prepared Fruit**

Chicken Pie
(Served with Seasoned Potatoes & Seasonal Vegetables)

-  **Halal Keema & Peas**
(Served with Pilau Rice & Salad)
-  **Cheese Roll**
(Served with Seasoned Potatoes & Seasonal Vegetables)

- Assorted Jacket Potatoes**
-  **Hot Sub Roll**

-  **Fruity Flapjack**
-  **Freshly Prepared Fruit**

Roast Dinner
(Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy)

-  **Halal Roast Chicken Tikka Dinner**
(Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy)

-  **Quorn Roast**
(Served with Yorkshire Pudding & Seasonal Vegetables)

- Assorted Jacket Potatoes**
-  **Hot Sub Roll**

-  **Fruit Jelly**
(Fruit Jelly topped with Cream)
-  **Freshly Prepared Fruit**

Cheesy Beef Taco Pasta
(Served with a side Salad)

-  **Cheese & Tomato Pizza**
(Served with Chips & Beans or Salad)

-  **Loaded Vegetable Pizza**
(Served with Chips & Salad)

- Assorted Jacket Potatoes**
- Selection of Sandwiches**

-  **Chocolate Sponge**
(Served with Chocolate Sauce)
-  **Freshly Prepared Fruit**

MSC Fish Fingers
(Served with Creamed Potatoes & Seasonal Vegetables)

MSC Salmon & Sweet Potato Fishcake
(Served with Creamed Potatoes & Seasonal Vegetables)

-  **Breaded Cheese & Vegetable Grill**
(Served in a Bun with Salad & Optional Coleslaw)

- Assorted Jacket Potatoes**
- Selection of Sandwiches**

-  **Vanilla Cookie**
-  **Freshly Prepared Fruit**



the **food quarter**

FM SERVICES

For full allergen
& nutritional
information
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