

Week one

18/04 08/05 05/06 26/06 17/07 18/09 09/10

Jacket Potatoes are available every day with a choice of fillings.



Monday

Choose a main meal...
Pasta Pack's Amazing Bolognese
Mega Mozzarella & Tomato Pizza with Jacket Wedges ✓
Egg Mayo Hoagie Roll with Veggie Sticks

on the side...
Carrots
Peas
for dessert...
Jelly with Peach Compote and Toppings

Tuesday

Choose a main meal...
Country Vegetable Pie with New Potatoes
Pasta Pack's Neopolitan Super Cheesy Pasta ✓
Tomato & Basil Pasta Pot

on the side...
Sweetcorn
Broccoli
for dessert...
Crunchy Fruit Crumble with Custard

Wednesday

Choose a main meal...
Roast Gammon & Bud's Crispy Spuds with Gravy
Super Quorn Roast with Bud's Crispy Spuds with Gravy ✓
Roast Gammon Bap

on the side...
Carrots
Seasonal Cabbage
for dessert...
Berry Chill

Thursday

Choose a main meal...
Sadie's BBQ Chicken Thigh with Sweet Potato Mash
Sadie's Super Mexican Veggie Chilli with Rice ✓
Cheese Ploughman's

on the side...
Coleslaw
Roasted Vegetables
for dessert...
Oatie Biscuit

Friday

Choose a main meal...
Crispy Cod & Chips
Vegetable Curry and Chickpea Wrap with Chips ✓
Carbonara Pasta Pot

on the side...
Baked Beans
Peas
for dessert...
Chocolate and Mandarin Sponge with Chocolate Sauce

Week two

24/04 15/05 12/06 03/07 04/09 25/09 16/10

Monday

Choose a main meal...
Veggie Balls in Tomato Sauce with Rice
Pasta Pack's Mac 'N' Cheese ✓
Bolognese Pasta Pot

on the side...
Broccoli
Crunchy Salad
for dessert...
Berry Flapjack

Tuesday

Choose a main meal...
Chunky Chicken Bite with Saute Potatoes
Cheese & Red Onion Quiche with Saute Potatoes ✓
Chicken Salad Wrap with Crudites

on the side...
Peas
Tomato Salsa
for dessert...
Strawberry Fro-Yo

Wednesday

Choose a main meal...
Roast Beef with Bud's Mash and Gravy
Shepherdess Pie ✓
Roast Beef Bap

on the side...
Roasted Vegetables
Seasonal Cabbage
for dessert...
Mini Brownie with Banana Slices

Thursday

Choose a main meal...
Sadie's Jerk Chicken with Rice and Peas
Sadie's Sweet Potato Gumbo with Rice and Peas ✓
Cheese & Tomato Sub with Veggie Sticks

on the side...
Carrots
Green Beans
for dessert...
Pineapple Upside Down Cake with Custard

Friday

Choose a main meal...
Crispy Salmon Fillet with Chips
Very Veggie Lasagne with Chips ✓
Arrabiata Pasta Pot

on the side...
Baked Beans
Sweetcorn
for dessert...
Jelly with Pear and Blackcurrant Compote and Toppings

Week three

01/05 22/05 19/06 10/07 11/09 02/10

Monday

Choose a main meal...
Really Cheesy Pizza Bianca with Jacket Wedges ✓
Pasta Pack's Tomato & Basil Pasta ✓
Houmous and Pitta with Crudites

on the side...
Peas
Chop Chop Salad
for dessert...
Silvertop's Cool Ice Cream Pot

Tuesday

Choose a main meal...
Sausages with Bud's Mash Mountain and Gravy
Vegetarian Sausages with Bud's Mash Mountain and Gravy ✓
Tuna & Cucumber Baguette with Veggie Sticks

on the side...
Green Beans
Roasted Vegetables
for dessert...
Raspberry Loaf Cake

Wednesday

Choose a main meal...
Roast Turkey with Bud's Crispy Spuds
Cheese & Potato Bake ✓
Roast Turkey Bap

on the side...
Carrots
Seasonal Cabbage
for dessert...
Chocolate Crispy

Thursday

Choose a main meal...
Sadie's Beef Lasagne with a Garlic Bread Wedge
Sadie's Roasted Cauliflower and Chickpea Korma with Basmati Rice ✓
Cajun Salmon Wrap with Tomato & Cucumber Salad

on the side...
Sweetcorn
Broccoli
for dessert...
Jelly with Mixed Fruit Compote and Toppings

Friday

Choose a main meal...
Golden Fish Fingers & Chips
Cheese & Pepper Omelette with Chips ✓
Egg Ploughman's

on the side...
Baked Beans
Crunchy Light Coleslaw
for dessert...
Oatie Apple Crumble with Custard

If your child receives or needs a special diet or allergen menu, please speak to your catering manager or contact us
KS1 MEALS ARE FREE SANDGATE PRIMARY SCHOOL



There is a vegetarian choice every day... and don't forget that salad is available daily.

If you don't fancy dessert, you can always enjoy fresh fruit or yoghurt.



Keep yourself topped up with water - it will help you concentrate all day long.