

# Pegswood Primary School

## Winter Menu (Nov 18-April 19)



Homemade Dish	Crustaceans	Lupin	Mustard	Sesame Seeds	
Celery	Eggs	Milk	Nuts	Soya	
Cereals Containing Gluten	Fish	Molluscs	Peanuts	Sulphur Dioxide	
WEEK TWO	Monday	Tuesday	Wednesday	Thursday	Friday
Main course	Chicken Mediterranean Pasta Bake  OR Fish Cakes 	Savoury Mince with Dumplings  OR Macaroni Cheese 	Roast Chicken & Yorkshire Pudding  OR Lasagne 	Pasta Bolognese  OR Sausages in Baguette 	Breaded Fish Portion  OR Tuna Melt 
Potatoes/Rice	Jacket Wedges	Creamed Potato 	Roast Potatoes	Garlic Bread 	Chips
Vegetables	Garden Peas	Carrots	Broccoli	Sweetcorn	Baked Beans
Jacket Potato choices	Tuna/Mayo Cheese Cheese & Baked Beans	Tuna/Mayo Cheese Cheese & Baked Beans	Tuna/Mayo Cheese Cheese & Baked Beans	Tuna/Mayo Cheese Cheese & Baked Beans	Tuna/Mayo Cheese Cheese & Baked Beans
Sandwich	Ham, Cheese or Tuna/Mayo	Ham, Cheese or Tuna/Mayo	Ham, Cheese or Tuna/Mayo	Ham, Cheese or Tuna/Mayo	Ham, Cheese or Tuna/Mayo
Salad Bar	Seasonal Salad + Pasta/Rice	Seasonal Salad + Pasta/Rice	Seasonal Salad + Pasta/Rice	Seasonal Salad + Pasta/Rice	Seasonal Salad + Pasta/Rice
Sweets	Fruit Muffin with a Glass of Milk 	Fruit Whip 	Fruit and Rice Pudding 	Chocolate Sponge with Chocolate Sauce 	Oat Biscuit and Glass of Juice 



Salad bar is open to all staying for school lunches.

Fresh fruit, yoghurt and bread available daily.  
Drinking water is available daily on the dining room tables.