

# Grazebrook Primary School – Week 1

## Option 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Beef Bolognese served with Spaghetti and Seasonal Vegetables	Mildly Curry Spiced Chicken served with Indian Fragrant Basmati Rice, Roasted Cauliflower and Carrots	Roast Topside of Beef served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables and Gravy	Handmade Chicken Sausage Puff Pastry Roll served with Minted Crushed New Potatoes and Baked Beans	Battered Fillet of Cod served with Oven Chips, Lemon Wedge and Garden Peas
<b>Option 2</b>	Mediterranean Summer Vegetable Bolognese served with Spaghetti and Seasonal Vegetables	Sweet Potato, Chickpea and Aubergine Martinique Curry served with Indian Fragrant Basmati Rice, Roasted Cauliflower and Carrots	Mature Cheddar and Leek Wholemeal Quiche served with Roast Potatoes, Seasonal Vegetables and Gravy	Handmade Quorn Sausage Puff Pastry Roll served with Minted Crushed New Potatoes and Baked Beans	Spinach and Chickpea Pancakes served with Oven Chips and Garden Peas
<b>Dessert</b>	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Peach Melba Crumble and Cream	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Granola Topped Greek Yoghurt with Berries	Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream

Week commencing - 17th April, 8th May, 5th June, 26th June, 17th July, 18th September and 9th October

Available Daily ...  
Jacket Potato with filling  
Wholemeal bread  
Choice of salads  
Water



This QR code can be read by any barcode scanner app on your smart phone to access the allergen and nutritional data.  
Or visit <http://j.mp/2ma8hSC>

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# Grazebrook Primary School – Week 2

## Option 1

Mild Spiced Chicken Drumstick served with Jollof Rice and Broccoli

Creamy Cheese and Tomato Pasta Bake served with Peas and Carrots

Roast Chicken Drumstick served with Sage & Onion Stuffing, Roast Potatoes, Seasonal Vegetables and Gravy

Beef Chilli and Basmati Rice served with Homemade Nachos, Sweetcorn and Ashlyns Tomato Salsa

MSC Cod Fish Fingers served with Oven Chips and Baked Beans

## Option 2

Mediterranean Vegetables and Puy Lentils served with Jollof Rice

Butter Bean, Tomato and Olive Tagine served with Brown Rice

Cheese and Tomato Wholemeal Quiche served with Roast Potatoes, Seasonal Vegetables and Gravy

Cheese and Potato Whirl served with a Brown Rice Salad

Vegetable and Haricot Bean Spring Rolls served with Soy Noodles

## Dessert

Freshly Cut Fruit or Organic Fruit Yoghurt

Freshly Cut Fruit or Organic Fruit Yoghurt or Pineapple Upside Down Cake and Cream

Freshly Cut Fruit or Organic Fruit Yoghurt

Freshly Cut Fruit or Organic Fruit Yoghurt or Lemon Cookie

Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream

Week commencing - 24th April, 15th May, 12th June, 3rd July, 4th September, 25th September and 16th October

Available Daily ...  
Jacket Potato with filling  
Wholemeal bread  
Choice of salads  
Water



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# Grazebrook Primary School – Week 3

## Option 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Spiced BBQ Chicken Drumstick served with Basmati Rice and Corn on the Cob	Cheese and Tomato Pizza served with Mixed Salad and Coleslaw	Roast Chicken Thigh served with Sage & Onion Stuffing, Parsley New Potatoes, Seasonal Vegetables and Gravy	Ashlyns Beef Burger in a Roll served with seasoned Potato Wedges and Coleslaw	Battered Cod Fillet and Tartare Sauce served with Oven Chips and Garden Peas
<b>Option 2</b>	Vegetable Chow Mein served with Egg Noodles and Haricot Beans	Mediterranean Pizza with Omega 3 Fish served with Mixed Salad and Coleslaw	Roasted Vegetable & Lentil Strudel served with Parsley New Potatoes, Seasonal Vegetables and Gravy	Vegetarian Burger in a Roll served with seasoned Potato Wedges and Coleslaw	Butternut and Chickpea Casserole served with Brown Rice
<b>Dessert</b>	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Chocolate Cherry Brownie	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Fruit Flapjack	Freshly Cut Fruit or Organic Fruit Yoghurt or Iced Cream

Week commencing - 1st May, 22nd May, 19th June, 10th July, 11th September and 2nd October

Available Daily ...  
Jacket Potato with filling  
Wholemeal bread  
Choice of salads  
Water



This QR code can be read by any barcode scanner app on your smart phone to access the allergen and nutritional data.  
Or visit <http://j.mp/2madHgC>

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