

WINTER MENU 2022

EASTLEA PRIMARY SCHOOL

WEEK ONE

- Homemade Dish
- Celery
- Cereals Containing Gluten
- Crustaceans
- Eggs
- Fish
- Lupin
- Milk
- Molluscs
- Mustard
- Nuts
- Peanuts
- Sesame Seeds
- Soya
- Sulphur Dioxide

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Choices	'Sausage and mash' with gravy 	Chicken chow mein and prawn crackers 	Roast of the Day with Yorkshire Pudding 	Chicken Curry with Naan bread or 'cheesy' pasta 	Fish fingers
Potatoes Pasta/Rice	Mashed Potatoes 	Noodles / sauce 	Roast potatoes 	Wholemeal rice / pasta 	Chips
Vegetables	Peas / Beans	Sweetcorn	Cabbage / Carrots	Carrots / sweetcorn	Baked Beans / Garden Peas
Salad Bowl	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad
Starters or Sweets	Tray bake and milkshake 	Apple crumble and custard 	Crackers with cheese/jam 	Homemade Soup with a Bread Roll OR cheesecake 	Steamed pudding of the week and custard



Fresh Fruit & Yoghurt available daily
Drinking water/fruit squash is available daily on the dining room tables



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	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Choices	Healthy Oven Cooked ALL DAY BREAKFAST Choice of bacon, sausage or ham Scrambled egg 	Meatballs 	Roast of the Day with Yorkshire Pudding 	Spaghetti bolognese and garlic bread 	Cheese and tomato pizza
Potatoes Pasta / Rice	Potato waffle 	Savoury wedges 	Roast Potatoes	Pasta 	Chips
Vegetables	Baked beans Tomatoes Mushrooms	Garden peas	Cabbage / swede / broccoli	Sweetcorn	Baked Beans / Garden Peas
Salad Bar		Seasonal Salad	Seasonal Salad	Seasonal Salad	Seasonal Salad
Starters or Sweets	Traybake and milkshake 	Apple crumble with custard 	Cornflake cake 	Homemade Soup with a Bread Roll OR biscuits 	Steamed pudding of the week and custard



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	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Choices	Chicken pie 	Cheese and ham melt or tuna melt 	Roast of the Day with Yorkshire Pudding 	Chicken wrap 	Oven baked sausages
Potatoes Pasta / Rice	Mashed potatoes 	Pasta 	Roast Potatoes	Rice and sweet chilli sauce	Chips
Vegetables	Carrots	Garden peas	Cabbage / Carrots	Sweetcorn	Baked Beans / Garden Peas
Salad Bar	Seasonal Salad		Seasonal Salad	Seasonal Salad	Seasonal Salad
Starters or Sweets	Traybake and milkshake 	Cake and custard 	Angel delight 	Homemade Soup with a Bread Roll OR jelly 	Steamed pudding of the week and custard



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