

# Greenholm Primary School Menu

## WEEK ONE

### Monday

Fish Fingers  
Moroccan Chicken  
  
Jacket Potatoes with Assorted Fillings  
Freshly Prepared Wraps, Sandwiches or Baguettes  
  
Cream Potatoes  
Long Grain Rice  
Broccoli and Sweetcorn  
Apple Crumble with Custard  
  
Fresh Fruit Salad or Yoghurt

### Tuesday

Pork Sausage  
Quorn Sausage  
Cauliflower Cheese  
  
Jacket Potatoes with Assorted Fillings  
Freshly Prepared Wraps, Sandwiches or Baguettes  
  
Cream Potatoes or Parsley Potatoes  
Baked Beans or Peas  
Homemade Chocolate Crunch with Custard  
  
Fresh Fruit Salad or Yoghurt

### Wednesday

Lamb and Vegetable Pie  
Lemon Sole Grill  
  
Jacket Potatoes with Assorted Fillings  
Freshly Prepared Wraps, Sandwiches or Baguettes  
  
Cream Potatoes  
Jersey Mids  
Cabbage  
Carrot Batons  
Homemade Pineapple Sponge with Custard  
  
Fresh Fruit Salad or Yoghurt

### Thursday

Roast Chicken and Yorkshire Pudding with Gravy  
Quorn Roast  
  
Jacket Potatoes with Assorted Fillings  
Vegetable Ravioli  
Freshly Prepared Wraps, Sandwiches or Baguettes  
Cream Potatoes or Roast Potatoes  
Sprouts, Sliced Carrots and Sweetcorn  
Chocolate Ribbons  
Milk Drink  
  
Fresh Fruit Salad or Yoghurt

### Friday

Cheese or Pepperoni Pizza  
Tuna Pasta Bake  
Lamb Curry  
Jacket Potatoes with Assorted Fillings  
Freshly Prepared Wraps, Sandwiches or Baguettes  
Creamed Potatoes, Chips or Naan Bread  
Baked Beans or Peas  
Mandarin Muffins  
Fruit Drink  
  
Fresh Fruit Salad or Yoghurt

Salad selection is available daily as an alternative to vegetables. Fresh drinking water, or milk and homemade chunky bread is also available daily

No fish is served from the Marine Stewardship Council 'Fish To Avoid List' Fair-trade products – We use fairtrade bananas and fruit Juice Free Range eggs are used in our recipes.

Where possible our meat, fruit and vegetables are locally sourced (Subject to Availability)

# Greenholm Primary School Menu

## WEEK TWO

### Monday

Fish Fingers  
Shepard's Pie

Jacket Potatoes with  
Assorted Fillings  
Freshly Prepared Wraps,  
Sandwiches or Baguettes

Creamed Potatoes or  
Country Dices Potatoes  
Beans or Sweetcorn  
Homemade Lemon Iced  
Sponge

Fresh Fruit Salad and  
Yoghurt

### Tuesday

Chicken Curry or  
Vegetable Curry

Crispy Breaded Fish with  
Lemon Slice

Jacket Potatoes with  
Assorted Fillings  
Freshly Prepared Wraps,  
Sandwiches or  
Baguettes

Creamed Potatoes  
Long Grain Rice  
Naan Bread

Sliced Carrots and Peas  
Homemade Fruit  
Shortcake

Fresh Fruit Salad and  
Yoghurt

### Wednesday

Beef Bolognaise  
Fish Burger

Macaroni Cheese

Jacket Potatoes with  
Assorted Fillings  
Freshly Prepared Wraps,  
Sandwiches or  
Baguettes

Creamed Potatoes  
Spaghetti

Cauliflower and Broccoli  
Homemade Ginger  
Sponge

Fresh Fruit Salad and  
Yoghurt

### Thursday

Succulent Roast Gammon  
with Parsley Sauce  
Italian Style Pasta  
Vegetable Spring Rolls

Jacket Potatoes with  
Assorted Fillings  
Freshly Prepared Wraps,  
Sandwiches or Baguettes

Creamed Potatoes or  
Roast Potatoes  
Sliced Green Beans,  
Carrot Batons and  
Sweetcorn

Homemade Mandarin  
Cheesecake Raspberry  
Ripple Mousse

Fresh Fruit Salad and  
Yoghurt

### Friday

Cheese or Pepperoni  
Pizza

Chicken Goujons

Jacket Potatoes with  
Assorted Fillings

Freshly Prepared Wraps,  
Sandwiches or  
Baguettes

Creamed Potatoes or  
Chips

Baked Beans or Peas  
Homemade Chocolate  
Cracknel

Fruit Drink

Fresh Fruit Salad and  
Yoghurt

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# Greenholm Primary School Menu

## WEEK THREE

### Monday

Fish Fingers  
Chicken and Vegetable  
Pie  
  
Jacket Potatoes with  
Assorted Fillings  
Freshly Prepared Wraps,  
Sandwiches and  
Baguettes  
  
Cream Potatoes and  
Jersey Mids  
Cabbage and Sweetcorn  
Homemade Fruit Sponge  
  
Fresh Fruit Selection or  
Yoghurt

### Tuesday

Pork Sausage  
Quorn Sausage  
Cheese and Potatoes Pie  
  
Jacket Potatoes with  
Assorted Fillings  
Freshly Prepared Wraps,  
Sandwiches and  
Baguettes  
  
Cream Potatoes  
Parsley Potatoes  
Beans, Carrots and  
Swede Batons  
Homemade Fruit  
flapjack  
Fresh Fruit Selection or  
Yoghurt

### Wednesday

Lamb Lasagne  
Vegetable Lasagne  
Haddock Grill  
Cheese and Red Onion  
Flan  
Jacket Potatoes with  
Assorted Fillings  
Freshly Prepared Wraps,  
Sandwiches and  
Baguettes  
  
Cream Potatoes and  
Garlic Bread  
Mixed Vegetables and  
Peas  
Iced Sponge and  
Bakewell Sponge  
Fresh Fruit Selection or  
Yoghurt

### Thursday

Roast Chicken with  
Yorkshire Pudding and  
Gravy  
Quorn Italian Pasta  
Vegetable Burgers  
Jacket Potatoes with  
Assorted Fillings  
Freshly Prepared Wraps,  
Sandwiches and  
Baguettes  
  
Cream Potatoes or Roast  
Potatoes  
Sprouts, Sliced Carrots  
and Sweetcorn  
Ice-cream  
Fresh Fruit Selection or  
Yoghurt

### Friday

Cheese and  
Pepperoni Pizza  
Chicken Grill  
  
Jacket Potato with  
Assorted Fillings  
Freshly Prepared Wraps,  
Sandwiches and  
Baguettes  
  
Creamed Potatoes or  
Chips  
Baked Beans and Peas  
Banana Bread  
Fruit Juice  
Fresh Fruit Selection or  
Yoghurt

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# Greenholm Primary School Menu

## WEEK FOUR

### Monday

Fish Fingers  
Lamb Casserole

Jacket Potatoes with  
Assorted Fillings  
Freshly Prepared Wraps,  
Sandwiches or Baguettes

Creamed Potatoes or  
Country Diced Potatoes  
Beans and Peas  
Chocolate Cat-cake  
Apple Pie

Fresh Fruit Salad and  
Yoghurt

### Tuesday

Turkey Meatballs in Home  
Pasta Sauce  
Sweet and Sour Chicken  
Cheese and Broccoli Flan

Jacket Potatoes with  
Assorted Fillings  
Freshly Prepared Wraps,  
Sandwiches or Baguettes

Creamed Potatoes and  
Spaghetti  
Sliced Carrots and  
Sweetcorn  
Orange and Lemon Cake

Fresh Fruit Salad and  
Yoghurt

### Wednesday

Beef Cobbler  
Cod Fillet  
Macaroni Cheese

Jacket Potatoes with  
Assorted Fillings  
Freshly Prepared Wraps,  
Sandwiches or Baguettes

Creamed Potatoes and  
Jersey Mids.  
Cabbage and Mixed Veg  
Rice Pudding and  
Doughnuts

Fresh Fruit Salad and  
Yoghurt

### Thursday

Juicy Roast Gammon with  
Parsley Sauce  
Cheesy Pasta with Broccoli  
Vegetable Samosa  
Jacket Potatoes with  
Assorted Fillings  
Freshly Prepared Wraps,  
Sandwiches or Baguettes

Creamed Potatoes or Roast  
Potatoes  
Sliced Green Beans, Carrot  
Batons and Sweetcorn  
Anzac Biscuits and Milk  
Drink

Fresh Fruit Salad and  
Yoghurt

### Friday

Cheese or Pepperoni Pizza  
Cod and salmon Grill

Jacket Potatoes with  
Assorted Fillings  
Freshly Prepared Wraps,  
Sandwiches or  
Baguettes

Creamed Potatoes and  
Chips  
Baked Beans and Peas  
Chocolate Brownie and  
Fruit Juice

Fresh Fruit Salad and  
Yoghurt

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