



Townsend Primary School - Autumn 2021 Lunch Menu

(3/9/21 - 17/12/21, Half term 25/10/21 - 29/10/21)



Week 1

Week 1 Commencing: 30/8/21, 20/9, 11/10, 8/11, 29/11

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 (Halal Available)	Cheese and onion Pizza served with wedges (Dairy/Gluten)	Mince Bolognese in Rich Tomato Sauce served with Pasta and Garlic Bread (Dairy/Gluten)	Roast BBQ Chicken with Jollof Rice	Sausages and Mash Served with Onion Gravy (Dairy/Egg/Gluten)	Jumbo Fish Fingers with Oven Baked Potato Wedges served in a bag (Fish/Gluten)
Option 2 Meat free	Falafels with Pitta Bread and Sweet Chilli Sauce (Gluten)	Creamy Mac and Cheese with a Crunchy Breadcrumb topping (Dairy/Gluten/Mustard)	Mixed Roasted Vegetables, Plantain with Jollof Rice Vegan	Quorn Veggie Sausage with Jacket potato with Onion Gravy (Egg/Gluten)	Five Beans with Grated Carrot Wrap (Dairy/Gluten)
Deli choice	Chicken Sandwich (Dairy/Egg/Gluten/Mustard) Tuna Sandwich (Fish/Egg/Gluten/Mustard)	Tuna Wrap (Fish/Egg/Gluten/Mustard) Chicken Salad wrap (Egg/Gluten/Mustard)	Roast Chicken Bagel (Dairy/Gluten) Mixed Fruit Jam bagel (Gluten/Sulp)	Roast Beef in a Savoury Muffin (Dairy/Egg/Gluten) Tuna Muffin (Dairy/Egg/Fish/Gluten)	Cheese Baguette (Dairy/Gluten) Tuna Baguette (Egg/Fish/Gluten/Mustard)
Vegetables	Sweetcorn	Fresh Broccoli	Mixed Vegetable	Fresh Carrots	Peas
Salad	Tossed Mixed Leaves Grated Beetroot, Crated Carrot and Apple Salad	Potato, Green Bean, Sweetcorn and Cherry Tomato Salad Sliced Cucumber	Seasonal Winter Fruits with Waldorf Salad (Celery/Egg/Mustard) Sliced Tomatoes with Fresh Basil Leaves	Heirloom Tomato Salad Diced Cucumber	Crudites Cherry Tomato
Main Dessert	Wholegrain Apple & Pear Crumble with Custard (Dairy/Gluten)	Wholegrain Sticky Toffee Pudding (Dairy/Egg/Gluten/Sulp)	Sliced Melon/Fruit platter	Blueberry Muffin (Dairy/Gluten/Sulp)	Ice Cream tub (Dairy)
2nd Dessert	Mixed Fruit Yogurt (Dairy)	Oranges	Cheese triangle and Crackers (Dairy/Gluten)	Mixed Fruit Yogurt (Dairy)	Mixed Grapes
Other	Fresh organic bread, fresh fruit and water are available daily.				

Week 2

Week Commencing: 6/9/21, 27/9, 18/10, 15/11, 6/12

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 (Halal Available)	Spinach and Olive Pizza served with Spicy Wedges (Dairy/Gluten)	Aromatic Chicken Curry with Indian Saffron Rice and Naan Bread (Gluten/Mustard/Sulp)	Roast Lamb with Parmentier Potatoes, and Gravy	Beef Burger in a Floured Bun served with wedges & BBQ sauce (Cheese slice optional) (Gluten/Mustard/(dairy))	Battered Cod with Oven Baked Chips served in a bag (Fish/Gluten)
Option 2 Meat free	Fill Your Jacket Potato Cheese and Baked Beans (Dairy)	Vegetable and Lentil Curry with Indian Saffron Rice and Naan Bread (Gluten/Mustard/Sulp)	Pasta Provencal (Pasta in a Tomato Garlic and Fresh Basil Sauce) (Gluten) Vegan	Vegetable Biryani (Mustard) Vegan	Veggie Hotdog with oven baked chips served in a bag (Egg/Gluten)
Deli choice	Tuna Sandwich (Fish/Egg/Gluten/Mustard) Turkey Sandwich (Dairy/Gluten)	Low fat cheese wrap (Dairy/Gluten) Chicken Salad wrap (Egg/Gluten/Mustard)	Fish Finger Sandwich (Fish/Gluten) Roast Lamb, cucumber salad Sandwich (Gluten)	Roast Beef in a savoury Muffin (Dairy/Egg/Gluten) Tuna Muffin (Dairy/Fish/Egg/Gluten /Mustard)	Turkey Salad Baguette (Dairy/Gluten) Tuna Baguette (Diary/Fish/Egg/Gluten /Mustard)
Vegetables	Sweetcorn	Fresh Broccoli	Fresh Cauliflower	Mixed Vegetables	Peas
Salad	Diced Cucumber Mixed Leaf Salad Sliced Beetroot	3 Beans Salad Sweetcorn and Grated Carrot Salad	Roasted Vegetable couscous (Gluten) Mixed Lettuce	Greek Salad (Dairy) Cherry Tomatoes with Basil and Olive Dressing	Crudites Cherry Tomato
Main Dessert	Wholegrain Chocolate and Orange Cake with Chocolate Sauce (Dairy/Egg/Gluten)	Oreo Cookie Treat (Dairy/Egg/Gluten)	Fresh Fruit Salad	Warm Lemon Cake (Dairy/Egg/Gluten)	Ice Cream tub (Dairy)
2nd Dessert	Mixed Fruit Yogurt (Dairy)	Bananas	Cheese triangle and Crackers (Dairy/Gluten)	Mixed Fruit Yogurt (Dairy)	Peaches
Other	Fresh organic bread, fresh fruit and water are available daily.				

Week 3

Week 3 Commencing: 13/9/21, 4/10, 1/11, 22/11, 13/12

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 (Halal Available)	Margarita Pizza with Red Onions, Sweet Peppers and Sweetcorn (Dairy/Gluten)	Chilli con carne served with rice	Afro Carib Mild Jerk Chicken with Vegetable Stir-Fried Rice	Italian Meatballs in Tomato and Basil Sauce served with Pasta (Gluten)	Fish Goujons and French Fries served in a bag (Fish/Gluten)
Option 2 Meat free	Creamy tomato and basil pasta (Dairy/Gluten)	Fill your Jacket Potato with Cheese (Dairy) Baked Beans or Chili Con carne	Cheese and tomato quiche served with new potatoes (Dairy/Gluten)	Quorn bolognaise in Tomato and Basil Sauce, served with Pasta (Egg/Gluten)	Cheese and Tomato burrito served with French Fries in a bag (Dairy/Gluten)
Deli choice	Cheese Sandwich (Dairy/Gluten) Tuna Sandwich (Fish/Egg/Mustard)	Tuna Wrap (Fish/Egg/Mustard/Gluten) Chicken Salad wrap (Egg/Mustard/Gluten)	Nicoise Stuffed Baguette (Fish/Egg/Dairy/Gluten/Mustard) Cheese Baguette (Dairy/Gluten)	Cheese Baguette (Dairy/Egg/Gluten) Tuna Baguette (Fish/Egg/Gluten/Mustard)	Slice Beef Croissant (Dairy/Gluten) Turkey Croissant (Dairy/Gluten)
Vegetables	Mixed Vegetables	Steamed Fresh Broccoli	Diced Fresh Carrots	Sweetcorn	Peas
Salad	Nicoise Salad (Fish/Egg) Mixed Herby Green Salad	Roasted Vegetables with Couscous (Gluten) Tomato and Cucumber Salad	Avocado and Mango Salad Diced Cucumber	Mozzarella and Mixed Olive Salad (Dairy) Sliced Tomatoes	Crudites Cherry Tomato
Main Dessert	Fresh Fruit Salad	Wholegrain Jam Sponge with Custard (Egg/Gluten/Dairy/Sulp)	Selection of Fresh Fruit	Sprinkle Iced Sponge Cake with Vanilla Sauce (Egg/Dairy/Gluten)	Strawberry Ice Cream tub (Dairy)
2nd Dessert	Mixed Fruit Yogurt	Clementine's	Mixed Grapes	Sliced Oranges	Bananas
Other	Fresh organic bread, fresh fruit and water are available daily.				