





















Grasmere Primary School

Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN Option 1	Shredded Mexican Chicken, Paprika, Coriander	Slow cooked Mongolian Beef Cous-cous • <i>Soya, Gluten</i>	<i>Chicken in Romesco Sauce, red Peppers, Tomato</i>	<i>Tomato and Mozzarella Pizza</i>  <i>*Gluten, Milk</i>	Herbs Crusted Fresh Fish  <i>*Fish, Gluten, Eggs</i>
MAIN Option 2 (vegetarian)	Roasted Halloumi and Vegetables Bake-tray <i>*Milk</i>	Basil Pesto – Sundried tomato, Goat cheese Tart <i>*Gluten, Milk</i>	Buffalo Cauliflower wings 	Spanish Omelette, spinach <i>*Egg, Milk</i>	Halloumi Fritters <i>* Gluten, Dairy</i>
To Accompany/Salad	Tomato Greek Salad, Olives, Feta <i>* Milk</i>	Carrots & Pomegranate SALAD	Coleslaw Long Grain Rice 	Kachumber salad	Smacked Cucumber  <i>*Sesame, Soy</i>
Bread	Fresh Focaccia <i>*Gluten</i> 	Fresh Focaccia <i>*Gluten</i> 	Fresh Focaccia <i>*Gluten</i> 	Garlic Bread <i>*Gluten</i> 	Fresh Focaccia <i>*Gluten</i> 
Vegetables	Lemon thyme New Potatoes	Roast Sweetcorn, Paprika, Lime 	Garlic Wedges 	Vegetables Medley 	Tossed Spinach
Dessert	<i>Fruits Salad</i> 	Beetroot Brownie, Papaya <i>*Gluten</i> 	<i>Fruits Salad</i> 	Lemon drizzle, Poppy Seeds <i>*Gluten, Milk, Eggs</i> 	<i>Fruits Salad</i> 

** Allergens are in italics and marked with an asterix*