



Grasmere Primary School

Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN Option 1	Farfalle Pasta in Rich Tomato sauce, Fresh Basil & Parmesan Cheese <i>*Gluten, Milk</i>	Jerk Chicken Thighs 	Mac & Cheese <i>*Gluten, Milk</i> 	Philippines Beef Tapa <i>*Soy</i> 	Teriyaki Fresh Fish <i>*Fish, Soy, Sesame</i> 
MAIN Option 2 (vegetarian)	Farfalle Pasta, Basil Pesto, Roast Sunflower seeds, Parmesan <i>*Gluten, Milk</i> 	Plantain & Beans Patties	Spanish Tortilla, Potatoes <i>*Eggs, Milk</i>	Vegetables & Egg Fried Rice <i>*Eggs</i> 	Spinach & Feta Samosa <i>*Gluten, Milk</i> 
To Accompany/Salad	Caesar Salad <i>*Mustard</i> 	Nigerian Jollof Rice 	Lettuce, Radish & Spring Onion Salad	Jasmine Rice 	Noodle <i>*Eggs</i> 
Bread	Fresh Bread <i>*Gluten</i> 	Fresh Bread <i>*Gluten</i> 	Fresh <i>*Gluten</i> 	Fresh Bread <i>*Gluten</i> 	Fresh Bread <i>*Gluten</i> 
Vegetables	Sautéed Spinach 	Creamy Coleslaw 	Roasted Peas & Sweetcorn	Oven Baked New Potatoes	Roast Garlic Broccoli 
On the Table	Hummus + Crudites	Hummus + Crudites	Hummus + Crudites	Hummus + Crudites	Hummus + Crudites
Dessert 	Fruits Salad 	Lemon Drizzle & Poppy Seeds <i>*Gluten, Eggs</i> 	Fruits Salad 	Coconut -Lime Cake <i>*Gluten, Eggs, Milk</i> 	Fruits Salad 

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

