

**McDOUGAL'S BREAD MIX TO BE USED,
NOTHING ELSE.
USE FRESH HERBS & SPICES**

**Primary School Menu
Autumn/Winter Menu
Week 1**

**NUT FREE DIET MENU CYCLE
OCTOBER 2013 - MARCH 2014**

	Monday	Tuesday	Wednesday	Thursday	Friday
Red	Lentil Soup with Crusty Bread Macaroni Cheese with Peas and Crusty Bread Oattie Biscuit	Chicken Noodle Soup with Crusty Bread or Vegetarian Soup Cottage Pie with Broccoli Sticky Toffee Pudding and Custard	Lentil Soup with Crusty Bread Beefburger in a plain bun with Chips and Mixed Salad Rice Pudding with Fruit	Chicken Broth with Crusty Bread or Vegetarian Soup Tasty Pasta Bake with Garlic Bread Gingerbread Man	Cooks Choice of Soup with Crusty Bread Fish, Chips and Peas Fruit Muffin
Blue	Lentil Soup with Crusty Bread Jacket Potato with a Variety of Fillings and Side Salad Oattie Biscuit	Chicken Noodle Soup with Crusty Bread or Vegetarian Soup Jacket Potato with a Variety of Fillings and Side Salad Sticky Toffee Pudding and Custard	Lentil Soup with Crusty Bread Jacket Potato with a Variety of Fillings and Side Salad Rice Pudding with Fruit	Chicken Broth with Crusty Bread or Vegetarian Soup Jacket Potato with a Variety of Fillings and Side Salad Gingerbread Man	Cooks Choice of Soup with Crusty Bread Jacket Potato with a Variety of Fillings and Side Salad Fruit Muffin
Green	Lentil Soup with Crusty Bread Sandwich With Ham or Egg Mayo Oattie Biscuit	Chicken Noodle Soup with Crusty Bread or Vegetarian Soup Baguette with Cheese or Cheese and Onion Sticky Toffee Pudding	Lentil Soup with Crusty Bread Wrap with Tuna or Cheese Salad Rice Pudding with Fruit	Chicken Broth with Crusty Bread or Vegetarian Soup Finger Roll with Link Sausage Gingerbread Man	Cooks Choice of Soup with Crusty Bread Lorne Style Sausage in a Roll Fruit Muffin

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**Primary School Menu
Autumn/Winter Menu
Week 2**

**NUT FREE DIET MENU CYCLE
OCTOBER-MARCH 2014**

	Monday	Tuesday	Wednesday	Thursday	Friday
Red	<p>Chicken Noodle Soup with Crusty Bread or Vegetarian Soup</p> <p>Cheese and Tomato Pizza with Coleslaw and Wedges</p> <p>Pears and Custard</p>	<p>Lentil Soup with Crusty Bread</p> <p>Meatloaf and BBQ Sauce with Baby Boiled Potatoes and Mixed Vegetables</p> <p>Banana Sponge</p>	<p>Chicken and Sweetcorn Soup with Crusty Bread or Vegetarian Soup</p> <p>Grilled Sausages with Chips and Beans</p> <p>Fruit Flapjack</p>	<p>Lentil Soup with Crusty Bread</p> <p>Chicken Pie with Roast Potatoes and Seasonal Vegetables</p> <p>Fruit Cookie</p>	<p>Cooks Choice of Soup with Crusty Bread</p> <p>Fish Fingers with Chips and Peas</p> <p>Carrot Cake</p>
Blue	<p>Chicken Noodle Soup with Crusty Bread or Vegetarian Soup</p> <p>Jacket Potato with a Variety of Fillings and Side Salad</p> <p>Pears and Custard</p>	<p>Lentil Soup with Crusty Bread</p> <p>Jacket Potato with a Variety of Fillings and Side Salad</p> <p>Banana Sponge</p>	<p>Chicken and Sweetcorn Soup with Crusty Bread or Vegetarian Soup</p> <p>Jacket Potato with a Variety of Fillings and Side Salad</p> <p>Fruit Flapjack</p>	<p>Lentil Soup with Crusty Bread</p> <p>Jacket Potato with a Variety of Fillings and Side Salad</p> <p>Fruit Cookie</p>	<p>Cooks Choice of Soup with Crusty Bread</p> <p>Jacket Potato with a Variety of Fillings and Side Salad</p> <p>Carrot Cake</p>
Green	<p>Chicken Noodle Soup with Crusty Bread or Vegetarian Soup</p> <p>Roll with Tuna or Cheese Salad</p> <p>Pears and Custard</p>	<p>Lentil Soup with Crusty Bread</p> <p>Toastie with Cheese or Cheese and Ham</p> <p>Banana Sponge</p>	<p>Chicken and Sweetcorn Soup with Crusty Bread or Vegetarian Soup</p> <p>Beefburger in a Plain Roll</p> <p>Fruit Flapjack</p>	<p>Lentil Soup with Crusty Bread</p> <p>Panini with Cheese and Ham or Cheese</p> <p>Fruit Cookie</p>	<p>Cooks Choice of Soup with Crusty Bread</p> <p>Sandwich with Turkey or Egg</p> <p>Carrot Cake</p>

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**Primary School Menu
Autumn/Winter Menu
Week 3**

**NUT FREE DIET MENU CYCLE
OCTOBER-MARCH 2014**

	Monday	Tuesday	Wednesday	Thursday	Friday
Red	Lentil Soup with Crusty Bread Chicken Korma with Rice and Naan Bread Shortbread Biscuit	Chicken Broth with Crusty Bread or Vegetarian Soup Sausage Roll with Chips and Baked Beans Fruit Muffin	Cooks Choice of Soup with Crusty Bread Fish, Chips and Peas Rice Pudding and Fruit	Spilt Pea Soup with Crusty Bread Tomato Pasta Bake with Garlic Bread and Mixed Salad Fruit Salad	Lentil Soup with Crusty Bread Steak Pie with Mashed Potatoes and Mixed Vegetables Seasonal Fruit Sponge with Custard
Blue	Lentil Soup with Crusty Bread Jacket Potato with a Variety of Fillings and Side Salad Shortbread Biscuit	Chicken Broth with Crusty Bread or Vegetarian Soup Jacket Potato with a Variety of Fillings and Side Salad Fruit Muffin	Cooks Choice of Soup with Crusty Bread Jacket Potato with a Variety of Fillings and Side Salad Rice Pudding and Fruit	Spilt Pea Soup with Crusty Bread Jacket Potato with a Variety of Fillings and Side Salad Fruit Salad	Lentil Soup with Crusty Bread Jacket Potato with a Variety of Fillings and Side Salad Seasonal Fruit Sponge with Custard
Green	Lentil Soup with Crusty Bread Muffin Pizza Shortbread Biscuit	Chicken Broth with Crusty Bread or Vegetarian Soup Brown Roll with Cheese or Egg Salad Fruit Muffin	Cooks Choice of Soup with Crusty Bread Wrap with Ham Salad or Cheese Salad Rice Pudding and Fruit	Spilt Pea Soup with Crusty Bread Lorne Style Sausage in a Roll Fruit Salad	Lentil Soup with Crusty Bread Toastie with Cheese or Tuna Seasonal Fruit Sponge

