



FISH PRIMARY SCHOOL LUNCH MENU

SEPTEMBER 2021 TO APRIL 2022

WEEK 1

30TH AUG, 20TH SEPT, 11TH OCT,
8TH NOV, 29TH NOV, 3RD JAN 22, 24TH JAN,
14TH FEB, 14TH MAR, 4TH APR

MONDAY

Chicken Curry
v - Fishless Fish Fingers
Savoury Rice, Sweetcorn & Peas
Jacket Potato Served with a variety of Fillings
Fruity Flapjack & Custard
Salad Selection, Fresh Knot Bread, Fresh Fruit, Yoghurt, Cheese & Biscuits, Fruit Jelly

TUESDAY

Pork or Quorn Sausage & Onion Gravy
v - Homemade Cheese Plait
Cod Bites
Mash Potatoes, Baked Beans & Broccoli
Jacket Potato Served with a variety of Fillings
Vegan Chocolate Brownie and mixed berries
Salad Selection, Fresh Bread, Fresh fruit, Yoghurt, Cheese & Biscuits, Fruit Jelly

WEDNESDAY

Roast Beef & Yorkshire Pudding Roast
v - Quorn Mince & Pasta Bake
Fish Goujons
Roast & Boiled Potatoes, Cauliflower & Green Beans
Jacket Potato Served with a variety of Fillings
Apple Crumble & Custard
Salad Selection, Fresh Bread, Fresh Fruit, Yoghurt, Cookie, Fruit Jelly

THURSDAY

Chicken Wrap
v - Vegan Sausage
Home - Made Fish Cake
Mash Potato, Carrots & Cabbage
Jacket Potato Served with a variety of Fillings
Lemon Drizzle Cake & Custard
Salad Selection, Fresh White and Wholemeal Bread, Fresh Fruit, Yoghurt, Cheese & Biscuits, Rainbow Jelly

FRIDAY

Salmon Fish Fingers
v - Cheese & Tomato Pizza
/Vegan option available
Chipped Potatoes, Baked Beans & Sweetcorn
Jacket Potato Served with a variety of Fillings
Chocolate and Sweet Potato Muffin & a Glass of Milk
Salad Selection, Fresh Bread, Fresh Fruit, Yoghurt, Cheese & Biscuits & Fruit Jelly

WEEK 2

6TH SEPT, 27TH SEPT, 18TH OCT, 15TH NOV, 6TH DEC,
10TH JAN, 31ST JAN, 28TH FEB, 21ST MAR

Spaghetti Bolognese & Garlic Bread
v - Southern Style Quorn Burger
Cod Fish Finger
Pasta & Mixed Vegetables
Jacket Potato Served with a variety of Fillings
Fruit Cheesecake
Salad Selection, Fresh White and Wholemeal Bread, Fresh Fruit, Yoghurt, Cheese & Biscuits, Fruit Jelly

Chicken Wrap
v - Cheese and Salad Wrap
Gluten Free Bubble Fish
Baked Wedges, Sweetcorn & Peas
Jacket Potato Served with a Variety of Fillings
Chocolate Crunch & Mint Custard
Salad Selection, Fresh Bread, Fresh Fruit, Yoghurt, Cheese & Biscuits, Rainbow Jelly

Roast Pork and Apple Sauce
v - Vegan Meatballs with Pasta in Tomato Sauce
Fish Cake
Roast, Boiled Potatoes, Broccoli & Mixed Veg
Jacket Potato Served with a Variety of Fillings
Apple and Blackcurrant Pie & Custard
Salad Selection, Fresh Bread, Fresh Fruit, Yoghurt, Cheese & Biscuits, Fruit Jelly

Beef Burger with Salad
v - Cheese Savoury
Salt & Vinegar Goujons
Mash Potatoes, Baked Beans & Cauliflower
Jacket Potatoes Served with a Variety of Fillings
Pineapple Upside Down Cake & Custard
Salad Selection, Rosemary & Garlic Focaccia Bread, Fresh Fruit, Yoghurt, Chocolate and Vanilla Swirls, Fruit Jelly

Fish Crumble Pie
v - Cheese & Tomato Pizza
/ Vegan option available
Fish Crumble Pie
Chipped Potatoes, Baked Beans & Peas
Jacket Potato Served with a Variety of Fillings
Strawberry Mousse
Salad Selection, Fresh Bread, Fresh Fruit, Yoghurt, Cheese & Biscuits, Fruit, Jelly

WEEK 3

13TH SEPT, 4TH OCT, 1ST NOV, 22ND NOV, 13TH DEC,
17TH JAN, 7TH FEB, 7TH MAR, 28TH MAR

Fish Goujons
v - Vegan Cottage Pie
Homemade Wedges, Peas & Sweetcorn
Jacket Potato Served with a Variety of Fillings
Carrot Cake & Custard
Salad Selection, Fresh Bread, Fresh Fruit, Yoghurt, Cheese & Biscuits, Rainbow Jelly

Steak Pie
v - Veggie Ball Sub Roll
Battered White Fish
Mash Potatoes & Mixed Vegetables
Jacket Potato Served with a Variety of Fillings
Chocolate, Beetroot and Pear Brownies & Chocolate Sauce
Salad Selection, Fresh Bread, Fresh Fruit, Yoghurt, Cheese & Biscuits, Fruit Jelly

Chicken & Stuffing
v - Quorn and Sweet Potato Curry
Cod Bites
Boiled, Roast Potatoes, Rice, Carrots & Cabbage
Jacket Potato Served with a Variety of Fillings
NSMW WINNER Apple Cobbler & Custard
Salad Selection, Fresh White and Wholemeal Bread, Fresh Fruit, Yoghurt, Melting Moment, Fruit Jelly

All Day Breakfast
v - Mac & Cheese with Tomato Bread
Fishcake
Hash Brown Potatoes, Baked Beans & Peas
Jacket Potato Served with a Variety of Fillings
Butterscotch and Ginger Cake & Custard
Salad Selection, Fresh Bread, Fresh Fruit, Yoghurt, Cheese & Biscuits, Fruit Jelly

Baked Fish
v - Cheese & Tomato Pizza
/ Vegan option available
Chipped Potatoes, Spaghetti Hoops & Sweetcorn
Jacket Potato Served with a Variety of Fillings
Strawberry Shortbread
Salad Selection, Fresh Bread, Fresh Fruit, Yoghurt, Cheese & Biscuits, Fruit Jelly