
















Ladymount Primary School - Week One

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Meatballs Meatballs Fresh pork meatballs or Quorn baked in the oven and served with a homemade tomato sauce and pasta</p> 	<p>All Day Breakfast Choose from a rasher of bacon or a Quorn sausage, served with scrambled eggs, baked beans, mushrooms, tomatoes, and Brown bread.</p> 	<p>Homemade Pizza Choose from cheese & tomato or pepperoni served with sweetcorn and potato wedges.</p> 	<p>Chicken fried Rice Boiled rice cooked with fresh chicken or Quorn pieces, onions, garlic, peppers, and egg, seasoned with soy sauce and serve with a fruity curry sauce</p> 	<p>Fish & Chips Choose from either Battered Cod fillet, Cod fillet fish fingers, or Quorn nuggets oven and served with chips and peas or baked beans.</p> 
<p><i>Jacket Potatoes and Paninis cheese or cheese & Ham are also available daily as a hot alternative</i></p> <p><i>Or</i></p> <p>Deli Bar - Available Everyday Design your own sandwich, first choose your bread - wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily - ham, cheese, tuna, Chinese chicken, turkey, roast beef, egg and finally finish with a choice of salad - carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers.</p>				
<p>Dessert Fresh Fruit, Fruit Pots, Yogurts and Cheese and Crackers are available daily along with the dessert of the day</p>				
<p>Drink A selection of fresh fruit juice and milkshakes, milk and water will be available daily</p>				

Ladymount Primary School - Week Two

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Chilli Nachos Choose from either mince beef or Quorn cooked with onions, mild chilli, red peppers and kidney beans topped with tortilla chips, cheese and served with rice.</p> 	<p>Creamy Chicken Curry Choose from a homemade Creamy Chicken Curry or a Sweet Potato & Lentil Curry served with Basmati Rice, Naan bread.</p> 	<p>Homemade Pizza Choose from cheese & tomato or pepperoni served with sweetcorn and potato wedges.</p> 	<p>Beef Burger Choose from a fresh butcher's beef burger or a Quorn Burger served in a burger bun with diced potatoes</p> 	<p>Fish & Chips Choose from either Battered Cod fillet, Cod fillet fish fingers, or Salmon fish cakes oven baked and served with chips and peas or fruity curry sauce</p> 
<p><i>Jacket Potatoes and Paninis cheese or cheese & ham are also available daily as a hot alternative</i></p>				
<p><i>Or</i></p>				
<p><i>Delì Bar - Available Everyday</i> Design your own sandwich, first choose your bread - wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily - ham, cheese, tuna, Chinese chicken, turkey, roast beef, egg and finally finish with a choice of salad - carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers.</p>				
<p><i>Dessert</i></p>				
<p><i>Fresh Fruit, Fruit Pots, Yogurts and Cheese and Crackers are available daily along with the dessert of the day</i></p>				
<p><i>Drink</i></p>				
<p><i>A selection of fresh fruit juice and fresh milkshakes, milk and water will be available daily</i></p>				

Ladymount Primary School - Week Three

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Pasta bar Pasta served with either tomato & basil or cheese sauce. Garlic bread and broccoli</p> 	<p>Hot Dogs Choose from either pork or Quorn sausage served in a finger roll with corn on the cob.</p> 	<p>Homemade Pizza Choose from cheese & tomato or pepperoni served with sweetcorn and potato wedges.</p> 	<p>Fajita's Choose from fresh chicken strips or Quorn strips cooked in a mild Fajita seasoning and served in a tortilla wrap with shredded lettuce, strips of peppers, tomatoes, and coleslaw, with mayonnaise and BBQ dips.</p> 	<p>Fish & Chips Choose from either Battered Cod fillet, Cod fillet fish fingers, or Quorn nuggets oven and served with chips and peas or baked beans</p> 
<p><i>Jacket Potatoes and Paninis Cheese or cheese & ham are also available daily as a hot alternative</i></p>				
<p><i>Or</i></p>				
<p>Deli Bar - Available Everyday Design your own sandwich, first choose your bread - wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily - ham, cheese, tuna, Chinese chicken, turkey, roast beef, egg and finally finish with a choice of salad - carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers.</p>				
<p>Dessert Fresh Fruit, Fruit Pots, Yogurts and Cheese and Crackers are available daily along with the dessert of the day</p>				
<p>Drink A selection of fresh fruit juice and fresh milkshakes, milk and water will be available daily</p>				