



Quality Standards

Primary Menu Autumn Winter 2022/2023

Aimed for pupils 7 years of age

Chicken Meatball Pasta



Meatballs & sauce – 80g
(3 balls)

Pasta – 100g (cooked)

Sweetcorn – 40g

Peas – 40g

Cheese & Bean Quesadilla with Rice



Quesadilla - 80g
Rice - 60g (cooked)

Sweetcorn - 40g
Peas - 40g

Mac 'n' Cheese



130g – Macaroni Cheese

Green beans – 40g

Carrots – 40g

Sausage & Mashed Potatoes & Gravy



	Key Stage 1	Key Stage 2
Pork chipolatas 16's	2 sausages	3 sausages
Halal chicken sausage 8's	1 sausage	2 sausages
Mashed potato – 150g		
Gravy – 25g		
Green beans – 40g		
Carrots – 40g		

Vegetable Wellington Roasted New Potatoes & Gravy



Wellington – 60g
New Potatoes – 80g
Gravy – 25g

Carrots – 40g
Broccoli – 40g

Vegetable Potato Topped Pie with Gravy



Pie – 180g
Gravy – 25g

Carrots – 40g
Broccoli – 40g

Chicken Pizza with Rainbow Rice



Chicken Pizza – 70g
Rainbow Rice – 40g

Peas – 40g
Broccoli – 40g

Chicken & Melted Cheese Pizza Baguette



Baguette – 110g

Cauliflower – 40g

Peas – 40g

Chicken Wrap served with Rainbow Rice



Wrap – 20g
Chicken Mix – 60g
Rainbow Rice – 40g

Green beans – 40g
Cauliflower – 40g

Margareta Pizza Served with Pasta Salad



Pizza – 70g

Pasta Salad – 60g (cooked)

Green beans – 40g

Cauliflower – 40g

Battered Fish Fillet with Chips & Pantry Ketchup



Fish Fillet – 60g

Chips – 60g

Pantry Ketchup – 15g

Sweetcorn – 40g

Peas – 40g

Spanish Omelette with Chips & Pantry Ketchup



Spanish Omelette - 85g

Chips - 60g

Pantry Ketchup - 15g

Sweetcorn - 40g

Peas - 40g

Homemade Beef Pasta Bolognese



Beef Bolognese – 70g
Pasta – 100g (cooked)

Green beans – 40g
Carrots – 40g

Very Veggie Curry with Rice



Veggie Curry – 100g

Rice – 110g

Green beans – 40g

Carrots – 40g

Vegetable Bean Burger with Baby Potatoes



Bean Burger – 60g

Bun – 60g

Potatoes – 60g

Broccoli – 40g

Peas – 40g

Roast Gammon with Skin on Roast Potatoes & Gravy



Roast Potatoes – 80g
Roast Gammon – 50g
Gravy – 25g

Carrots – 40g
Broccoli – 40g

Mild Creamy Butter Chicken with Rice



Mild Creamy Butter
Chicken – 100g
Rice – 110g

Peas – 40g
Cauliflower – 40g

Tomato & Vegetable Pasta



Pasta - 120g

Pasta Sauce - 40g

Peas - 40g

Cauliflower - 40g

Fish Fingers served with Potato Wedges & Pantry Ketchup



Fish Fingers (3) – 60g

Wedges – 60g

Pantry Ketchup – 15g

Peas – 40g

Sweetcorn – 40g

Beef Burger with Baby Potatoes



Beef Burger – 60g

Bun – 60g

Potatoes – 60g

Green beans – 40g

Carrots – 40g

Tomato & Cheese Pasta Bake



Beef Burger – 60g

Bun – 60g

Potatoes – 60g

Green beans – 40g

Carrots – 40g

Flaked Salmon Fillet & Broccoli Rice



**Flaked Salmon Fillet &
Broccoli Rice – 140g**

Peas – 40g

Cauliflower – 40g

Roast Chicken with Roasted New Potatoes & Gravy



Roast chicken – 60g

Roast Potatoes – 80g

Gravy – 25g

Carrots – 40g

Broccoli – 40g

Quorn Sausage, Roasted New Potatoes & Gravy



Quorn Sausages (2) - 80g

Roast Potatoes - 80g

Gravy - 25g

Carrots - 40g

Broccoli - 40g

Coconut & Chickpea Curry with Rice



Coconut & Chickpea
Curry – 100g
Rice – 110g

Peas – 40g
Cauliflower – 40g

Veggie Nuggets & Chips with Pantry Ketchup



Nuggets (x4) – 60g

Chips – 60g

Pantry Ketchup – 15g

Peas – 40g

Sweetcorn – 40g

Courgette & Lime Cake



Courgette & Lime Cake –
50g

Fruit Jelly



Fruit Jelly – 100g

Apple & Blackberry Crumble with Custard



Crumble – 90g
Custard – 80g

Oaty Cookie



Cookie – 30g

Lemon Drizzle Cake



Cake – 50g

Winter Berry Mess



Winter Berry Mess – 50g

Chocolate & Banana Cake



Cake – 50g

Fresh Fruit



Fresh Fruit – 80g

