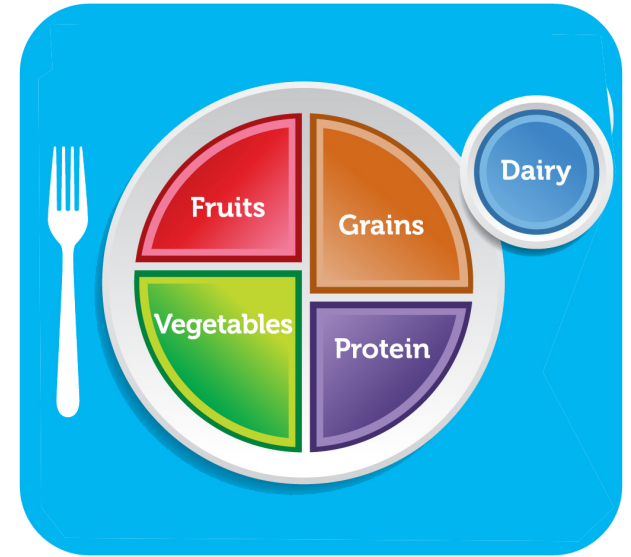




MANOR LONGBRIDGE PRIMARY SCHOOL WEEK 1



Fresh Drinking Water,
Seasonal Fresh Fruit,
Low Fat Yogurts,
Fresh Baked Bread,
Locally sourced
Seasonal Salad Bar

30/10 - 13/11 - 27/11 - 11/12 - 8/1 - 22/1 - 5/2 - 19/2 - 4/3 - 18/3

**MEAT
FREE**

MONDAY

Burger in a Bun
Halal Burger in a Bun
Vegetarian Burger in a Bun
Skin on Wedges

Corn on the Cob or Coleslaw

Jacket Potato with
Tuna or Coleslaw

Ham or Cheese Roll

Seasonal Fresh Fruit
Fruit Cookie

TUESDAY

BBQ Chicken Wrap
Halal BBQ Chicken Wrap
Vegetable Chilli Con Carne*
Rice

Peas or Carrots

Jacket Potato with
Cheese or Baked Beans

Ham or Cheese Roll

Seasonal Fresh Fruit
Brownie with Custard

WEDNESDAY

Cheese & Tomato Pizza
Tomato & Basil Pasta Bake
Garlic Bread

Sweetcorn or Coleslaw

Jacket Potato with
Cheese or Coleslaw

Salmon or Cheese Roll

Seasonal Fresh Fruit
Raspberry Fruit Jelly

THURSDAY

Roast Chicken
Halal Roast Chicken
Winter Vegetable Pie
Roast Potatoes
Yorkshire Pudding & Gravy
Carrots or Swede

Jacket Potato with
Tuna or Cheese

Egg or Cheese Roll

Selection of Fresh Fruit
Fruit Cocktail

FRIDAY

Fish Fingers
Cheese & Tomato Flan
Oven Baked Chips

Peas or Baked Beans

Jacket Potato with
Cheese or Baked Beans

Chicken / Halal Chicken
or Cheese Roll

Seasonal Fresh Fruit
Iced Vanilla Sponge
with Custard

**FRUITY
THURSDAY**

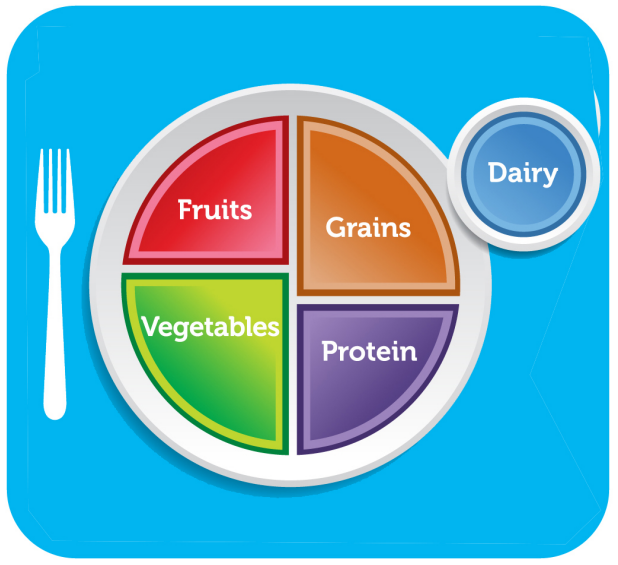


*Also Available as a Potato Filling
Vegetarian / Vegan
All Homemade desserts contain organic flour/free range eggs/fair trade sugar/ and are 33% reduced sugar.
All of our menus are served with at least two varieties of seasonal Vegetables or Salad.



Fresh Drinking Water,
Seasonal Fresh Fruit,
Low Fat Yogurts,
Fresh Baked Bread,
Locally sourced
Seasonal Salad Bar

MANOR LONGBRIDGE PRIMARY SCHOOL WEEK 2



6/11 - 20/11 - 4/12 - 18/12 - 4/1 - 15/1 - 12/2 - 26/2 - 11/3 - 25/3

MEAT FREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Beef Burrito </p> <p>Halal Beef Burrito</p> <p>Macaroni Cheese</p> <p>Mexican Rice</p> <p>Broccoli or Sweetcorn</p> <p>Jacket Potato with Tuna or Coleslaw</p> <p>Ham or Cheese Roll</p> <p>Seasonal Fresh Fruit</p> <p>Frozen Smoothie</p>	<p>Chicken Tikka  </p> <p>Halal Chicken Tikka  </p> <p>Vegetable Tikka*</p> <p>Savoury Rice</p> <p>Broccoli or Carrots</p> <p>Jacket Potato with Cheese or Baked Beans</p> <p>Ham or Cheese Roll</p> <p>Seasonal Fresh Fruit</p> <p>Banana & Caramel Cake with Custard</p>	<p>Cheese & Tomato Pizza</p> <p>Roasted Vegetable Chimichanga</p> <p>Garlic Bread</p> <p>Sweetcorn or Coleslaw</p> <p>Jacket Potato with Cheese or Tuna</p> <p>Tuna or Cheese Roll</p> <p>Seasonal Fresh Fruit</p> <p>Strawberry Fruit Jelly</p>	<p>Roast Chicken  </p> <p>Halal Roast Chicken  </p> <p>Vegetable Pasty</p> <p>Roast Potatoes </p> <p>Yorkshire Pudding & Gravy</p> <p>Carrots or Swede</p> <p>Jacket Potato with Cheese or Coleslaw</p> <p>Egg or Cheese Roll</p> <p>Seasonal Fresh Fruit</p> <p>Fruit Cocktail</p>	<p>Fish Fingers</p> <p>Vegan Sausage Roll</p> <p>Oven Baked Chips</p> <p>Peas or Baked Beans</p> <p>Jacket Potato with Cheese or Baked Beans</p> <p>Chicken / Halal Chicken or Cheese Roll</p> <p>Seasonal Fresh Fruit</p> <p>Chocolate Sponge with Chocolate Sauce</p>

FRUITY THURSDAY



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Vegetarian / Vegan
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