

# WEEK 1

# SOUTH HILL PRIMARY SCHOOL

WINTER 2023

**radish**  
IT'S ALL GOOD

MEAT FREE MONDAYS

NO ADDED SUGAR WEDNESDAY

Week Commencing:  
04/09/23, 25/09/23,  
16/10/23, 13/11/23,  
04/12/23

## Option 1

Monday.

Cheese Whirl with New Potatoes

Tuesday.

Chinese Chicken with Rice

Wednesday.

Roast Turkey with Roast Potatoes and Gravy

Thursday.

Beef Lasagne with Garlic Bread

Friday.

Fish Fingers with Chips and Tomato Ketchup

## Option 2 v Vegetarian

Vegetable Frittata with New Potatoes

Sweet Chilli Vegetable Stir Fry (Ve)

Roast Quorn with Roast Potatoes and Gravy

Vegetable Lasagne with Garlic Bread

Vegetable Fingers with Chips and Tomato Ketchup (Ve)

## Option 3

Tomato and Basil Pasta (Ve)

Jacket Potato with a choice of Fillings

Neapolitan Pasta (Ve)

Jacket Potato with a choice of Fillings

Pesto Pasta (Ve)

## Vegetables

Carrots  
Green Beans

Sweetcorn  
Cabbage

Roasted Root Vegetables  
Peas

Carrots  
Sweetcorn

Baked Beans  
Garden Peas

## Dessert

Flapjack (Ve)

Carrot Cake

Fruit Salad (Ve)

Pancake with Warm Apple and Berry Sauce

Ice Cream

**SUGAR SHERIFF**

FRESHLY BAKED BREAD, SALAD BAR, YOGHURT AND FRESH FRUIT ARE AVAILABLE DAILY



# WEEK 2 SOUTH HILL PRIMARY SCHOOL

WINTER 2023

**radish**  
IT'S ALL GOOD

MEAT FREE MONDAYS

NO ADDED SUGAR WEDNESDAY

Week Commencing:  
11/09/23, 02/10/23,  
30/10/23, 20/11/23,  
11/12/23

Option 1

Monday.

Cheese and Tomato Pizza with Potato Wedges

Tuesday.

Minced Beef Pie with New Potatoes

Wednesday.

Pork Sausages with Mashed Potato and Gravy

Thursday.

Greek Chicken Pitta

Friday.

Breaded Fish with Chips and Tomato Ketchup

Option 2 V  
Vegetarian

Vegetable Risotto (Ve)

Vegetarian Cottage Pie

Vegetarian Sausages (Ve) with Mashed Potato and Gravy

Falafel Pitta

Quorn Dippers with Chips and Tomato Ketchup (Ve)

Option 3

Tomato and Basil Pasta (Ve)

Jacket Potato with a choice of Fillings

Cheesy Tomato Pasta

Jacket Potato with a choice of Fillings

Fajita Pasta (Ve)

Vegetables

Broccoli Sweetcorn

Peas Carrots

Medley of Vegetables

Carrots Sweetcorn

Baked Beans Garden Peas

Dessert

Vanilla Shortbread and Raisins (Ve)

Vanilla Sponge (Ve) with Custard

Fruit Salad (Ve)

Chocolate Brownie with Chocolate Custard

Orange Jelly (Ve)

SUGAR SHERIFF

FRESHLY BAKED BREAD, SALAD BAR, YOGHURT AND FRESH FRUIT ARE AVAILABLE DAILY



# WEEK 3 SOUTH HILL PRIMARY SCHOOL

WINTER 2023

**radish**  
IT'S ALL GOOD

MEAT FREE MONDAYS

NO ADDED SUGAR WEDNESDAY

Week Commencing:  
18/09/23, 09/10/23,  
06/11/23, 27/11/23,  
18/12/23

Option 1

**Monday.**

Vegetarian Sausage Roll with New Potatoes(Ve)

**Tuesday.**

Hot Chicken Bap with Potato Wedges

**Wednesday.**

Roast Chicken with Roast Potatoes and Gravy

**Thursday.**

Beef Pasta Bolognaise

**Friday.**

Fish Fingers with Chips and Tomato Ketchup

Option 2 V  
Vegetarian

Vegetable Curry with Rice (Ve)

Veggie Burger with Potato Wedges (Ve)

Cheese Pasty with Roast Potatoes

Vegetarian Pasta Bolognaise (Ve)

Cheese and Tomato Quiche with Chips

Option 3

Macaroni Cheese

Jacket Potato with a choice of Fillings

Pesto Pasta (Ve)

Jacket Potato with a choice of Fillings

Tomato and Basil Pasta (Ve)

Vegetables

Carrots  
Green Beans

Sweetcorn  
Cauliflower

Carrots  
Peas

Broccoli  
Sweetcorn

Baked Beans  
Garden Peas

Dessert

Jam and Coconut Sponge with Custard

Rice Krispie Cake (Ve)

Fruit Salad (Ve)

Apple Crumble (Ve) with Custard

Chocolate Pinwheel Cookie

**SUGAR SHERIFF**

FRESHLY BAKED BREAD, SALAD BAR, YOGHURT AND FRESH FRUIT ARE AVAILABLE DAILY

