

# DOVEDALE PRIMARY LUNCH MENU

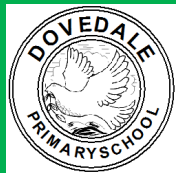
Autumn Term 2 2023



Week 1 w/c 6th Nov	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup of the Day</b>	Chef choice	Tomato & Basil	Chef choice	Carrot	Chef Choice
<b>Main Meal</b>	Wholemeal margherita pizza served with homemade potato wedges & salad or beans	Chilli served with wholemeal rice	Scouse served with crusty bread	All day breakfast	Fish fingers & chips with peas or baked beans
<b>Meat-free Main Meal</b>	Cheese & Onion Pie	Vegetarian Chilli with rice	Macaroni Cheese	Vegetarian all day breakfast	Cheese Toasties
<b>Side dish</b>	Potato Wedges	Wholemeal Rice Tortillas	Crusty bread	Toast	Chips Bread & butter
<b>Vegetable</b>	Carrot batons Cucumber	Green Beans	Peas and sweetcorn	Cooked Tomatoes Mushrooms	Peas
<b>Dessert</b>	Yoghurts, fresh fruit, cheese & crackers, raisins	Yoghurts, fresh fruit, cheese & crackers, raisins	Pineapple Cake Yoghurts, fresh fruit, cheese & crackers, raisins	Yoghurts, fresh fruit, cheese & crackers, raisins	Apple flapjack Yoghurts, fresh fruit, cheese & crackers, raisins

Daily options: Jacket potatoes with tuna, cheese or beans, cold tuna or cheese pasta salad, ham/cheese/tuna sandwiches, seasonal salad

Please speak to our school office regarding dietary requirements



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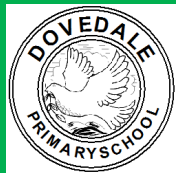
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Week 2 w/c 13th Nov	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup of the Day</b>	Chef choice	Split Pea	Chinese Sweetcorn	Leek & Potato	Chef Choice
<b>Main Meal</b>	Tomato & Basil pasta bake with garlic bread	Spanish Chicken with wholemeal rice and green beans	Sausage & Mash	Meatball sub with salad and tortilla chips	Fish fingers & chips with peas or baked beans
<b>Meat-free Main Meal</b>	Falafel with pitta bread	Quorn pieces in a Spanish style sauce with wholemeal rice and green beans	Vegetarian sausage & Mash	Vegetable & Cheese Quesadillas	Vegetarian Sausage Roll Cheese Toasties
<b>Side dish</b>	Garlic bread	Wholemeal Rice	Crusty bread	Tortilla chips Baguette	Chips Bread & butter
<b>Vegetable</b>	Tomatoes	Green beans	Seasonal vegetables	Salad Tomatoes	Peas
<b>Dessert</b>	Yoghurts, fresh fruit, cheese & crackers, raisins	Yoghurts, fresh fruit, cheese & crackers, raisins	Apple & oat crumble with custard Yoghurts, fresh fruit, cheese & crackers, raisins	Yoghurts, fresh fruit, cheese & crackers, raisins	Iced Vanilla Sponge Yoghurts, fresh fruit, cheese & crackers, raisins

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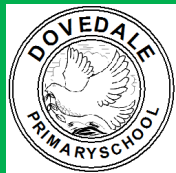
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Week 3 w/c 20th Nov	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup of the Day</b>	Chef choice	Leek & Potato	Red Pepper	Tomato & Basil	Chef Choice
<b>Main Meal</b>	Vegetable Lasagne	Wholemeal Spaghetti Bolognese with garlic bread	Ham roast dinner served with roasted potatoes, broccoli, carrots, peas & sweetcorn	Chicken Korma Curry with rice	Fishfingers & chips with peas or baked beans
<b>Meat-free Main Meal</b>	Cheese & Tomato Tart	Spaghetti with tomato & basil sauce	Quorn fillet roast dinner	Vegetable Curry with rice	Cheese Toasties
<b>Side dish</b>	Corn on the cob Garlic Bread	Garlic bread	Crusty Bread	Rice Naan bread	Chips Bread & butter
<b>Vegetable</b>	Sweetcorn Salad	Peas & sweetcorn	Salad	Peas	Peas
<b>Dessert</b>	Yoghurts, fresh fruit, cheese & crackers, raisins	Yoghurts, fresh fruit, cheese & crackers, raisins	Sponge Cake with fruit Yoghurts, fresh fruit, cheese & crackers, raisins	Yoghurts, fresh fruit, cheese & crackers, raisins	Gingerbread Man Yoghurts, fresh fruit, cheese & crackers, raisins

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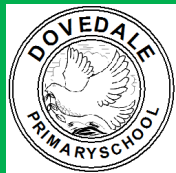
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Week 4 w/c 27th Nov	Monday	Tuesday	Wednesday	 Thursday St Andrew's Day	Friday
<b>Soup of the Day</b>	Carrot	Pea	Red Pepper	Chef choice	Chef choice
<b>Main Meal</b>	Wholemeal margherita pizza served with homemade potato wedges & salad or beans	Chicken Fajita Wraps with fried onions, mixed peppers & tortilla chips	Carbonara Penne Pasta Bake	Mince & Tatties	Battered fish fillet & chips with peas or baked beans
<b>Meat-free Main Meal</b>	Tomato & Basil Pasta bake	Vegetable and cheese Fajita wraps with fried onions, mixed peppers & tortilla chips	Vegetable & Rice Enchiladas	Quorn Stovies	Cheese Toasties
<b>Side dish</b>	Potato Wedges	Mashed potato Crusty bread	Tortilla chips	Potatoes Crusty Bread	Chips Bread & butter
<b>Vegetable</b>	Salad Peppers	Carrots & peas	Salad Peppers	Peas	Peas
<b>Dessert</b>	Yoghurts, fresh fruit, cheese & crackers, raisins	Yoghurts, fresh fruit, cheese & crackers, raisins	Garman Apple Cake Yoghurts, fresh fruit, cheese & crackers, raisins	Scottish Shortbread Yoghurts, fresh fruit, cheese & crackers, raisins	Chocolate Cookie Yoghurts, fresh fruit, cheese & crackers, raisins

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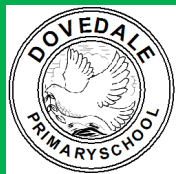
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Week 5 w/c 4th Dec	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup of the Day</b>	Chef choice	Tomato & Basil	Broccoli & Cheddar	Chef choice	Chinese Sweetcorn
<b>Main Meal</b>	Tomato & Basil Pasta	Chicken Curry with wholegrain rice, onion bhaji & Naan bread	Sausage & Mash served with peas and carrots	Spaghetti & Meatballs	Fish fingers & chips with peas or baked beans
<b>Meat-free Main Meal</b>	Vegetable Biryani	Quorn curry with wholegrain rice, onion bhaji & Naan bread	Vegetarian Sausage & Mash	Cheese & Tomato Panini	Cheese Toasties Vegetable Burger
<b>Side dish</b>	Garlic bread	Naan Bread Mango Chutney	Crusty bread	Garlic Bread	Chips Bread & butter
<b>Vegetable</b>	Tomatoes Peppers	Onions Peppers	Peas Carrots	Chef choice	Peas
<b>Dessert</b>	Yoghurts, fresh fruit, cheese & crackers, raisins	Yoghurts, fresh fruit, cheese & crackers, raisins	Jam topped sponge cake & whipped cream Yoghurts, fresh fruit, cheese & crackers,	Yoghurts, fresh fruit, cheese & crackers, raisins	Oat & Raisin Cookie Yoghurts, fresh fruit, cheese & crackers, raisins

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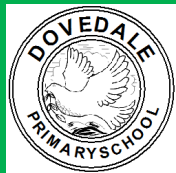
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Week 6 w/c 11th Dec	Monday	Tuesday	Wednesday	Thursday XMAS DINNER	Friday
<b>Soup of the Day</b>	Chef choice	Tomato & Basil	Broccoli & Cheddar	-	Vegetable
<b>Main Meal</b>	Vegan Ravioli in rich tomato sauce	Chicken burger in a wholemeal bun	Cottage Pie	Roast turkey, roast potatoes, pigs in blankets, sprouts, carrots, turnip	Battered fish fillet & chips with peas or baked beans
<b>Meat-free Main Meal</b>	Vegetable Stir Fry with noodles	Vegetarian burger in a wholemeal bun	Vegetable Quesadillas	Vegetarian roast dinner	Cheese Toasties Vegetarian Sausage Roll
<b>Side dish</b>	Garlic bread	Baked beans or salad	Crusty Bread	Potatoes	Chips Bread & butter
<b>Vegetable</b>	Salad Tomatoes	Salad	Peas Carrots	Sprouts Carrots Turnip	Peas
<b>Dessert</b>	Yoghurts, fresh fruit, cheese & crackers, raisins	Yoghurts, fresh fruit, cheese & crackers, raisins	Manchester tart Yoghurts, fresh fruit, cheese & crackers, raisins	Christmas Tree Ice Creams	Shortbread with fruit Yoghurts, fresh fruit, cheese & crackers, raisins

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Week 7 w/c 18th Dec	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup of the Day</b>	Chef choice	Tomato	Chef choice		
<b>Main Meal</b>	Chef Choice	Fish fingers & chips with peas or baked beans	Chef Choice		
<b>Meat-free Main Meal</b>	Chef Choice	Cheese Toasties	Chef Choice		
<b>Side dish</b>	Chef Choice	Chips Bread & butter	Chef Choice		
<b>Vegetable</b>	Chef Choice	Peas	Chef Choice		
<b>Dessert</b>	Yoghurts, fresh fruit, cheese & crackers, raisins	Chocolate cake Yoghurts, fresh fruit, cheese & crackers, raisins	Yoghurts, fresh fruit, cheese & crackers, raisins		

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