

DOVEDALE PRIMARY LUNCH MENU

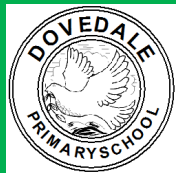
Spring Term 1 2024



Week 1 w/c 8th Jan	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	INSET DAY	Tomato & Basil	Tomato & Basil	Carrot	Chef Choice
Main Meal		Chicken Korma with wholegrain rice & naan bread	Wholemeal margherita pizza served with homemade potato wedges & salad or beans	Chef Daniel's Beef & Bean Quesadillas with tortillas <i>Winning entry in the FFT Cookery competition</i>	Fish fingers & chips with peas or baked beans
Meat-free Main Meal		Mild Vegetable Curry with wholegrain rice & naan bread	Macaroni Cheese with peas	Tomato, Red Pepper & Cheese Quesadilla with tortillas	Cheese Toasties
Side dish		Wholemeal Rice Naan bread	Spiced Potato Wedges	Mixed beans Crispy salad Tortillas	Chips Bread & butter
Vegetable		Carrots Sweetcorn	Cucumber Salad	Tomatoes Salad	Peas
Dessert		Yoghurts, fresh fruit, cheese & crackers, raisins	Iced sponge cake Yoghurts, fresh fruit, cheese & crackers, raisins	Yoghurts, fresh fruit, cheese & crackers, raisins	Apple Cake 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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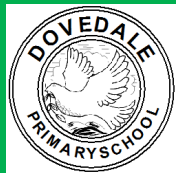
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Week 2 w/c 15th Jan	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Carrot	Carrot	Tomato & lentil	Tomato & Lentil	Chef Choice
Main Meal	Tomato & Basil pasta bake with garlic bread	Spanish Chicken with wholemeal rice and green beans	Scouse with crusty bread, cauliflower & broccoli	Spaghetti & Meatballs	Fish fingers & chips with peas or baked beans
Meat-free Main Meal	Cheese & Onion Pie with carrots & peas	Quorn pieces in a Spanish style sauce with wholemeal rice and green beans	Warm Pesto Pasta with crusty bread	Vegetable & Cheese Quesadillas	Cheese Toasties
Side dish	Garlic bread	Wholemeal Rice	Crusty bread	Crusty Bread Grated cheese	Chips Bread & butter
Vegetable	Tomatoes Carrots & peas	Green beans	Cauliflower & broccoli Beetroot	Tomatoes	Peas
Dessert	Yoghurts, fresh fruit, cheese & crackers, raisins	Yoghurts, fresh fruit, cheese & crackers, raisins	Apple & raisin flapjack Yoghurts, fresh fruit, cheese & crackers, raisins	Yoghurts, fresh fruit, cheese & crackers, raisins	Choc Chip Cookie Yoghurts, fresh fruit, cheese & crackers, raisins

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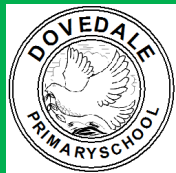
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Week 3 w/c 22nd Jan	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Leek & Potato	Leek & Potato	Red Pepper	Tomato & Basil	Chef Choice
Main Meal	Cheesy Beans Pasta Bake with corn on the cob	Wholemeal Spaghetti Bolognese with garlic bread	Beef Chilli Tacos with tortilla chips	Chicken Burger in a wholemeal bun with salad or beans	Fishfingers & chips with peas or baked beans
Meat-free Main Meal	Vegetarian sausage roll served with corn on the cob	Spaghetti with tomato & basil sauce	Macaroni Cheese with peas & sweetcorn	Vegetable burger in a wholemeal bun with salad or beans	Cheese Toasties Vegetable Fingers
Side dish	Corn on the cob Garlic Bread	Garlic bread	Tortillas	Wholemeal bread roll Cheese slices Baked beans	Chips Bread & butter
Vegetable	Sweetcorn Salad	Tomatoes	Salad Red Peppers	Peppers Iceberg lettuce Tomatoes & cucumber	Peas
Dessert	Yoghurts, fresh fruit, cheese & crackers, raisins	Yoghurts, fresh fruit, cheese & crackers, raisins	Sponge Cake with fruit Yoghurts, fresh fruit, cheese & crackers,	Yoghurts, fresh fruit, cheese & crackers, raisins	Gingerbread Man Yoghurts, fresh fruit, cheese & crackers, raisins

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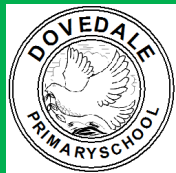
Autumn Term 1 2024



Week 4 w/c 29th Jan	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Tomato	Tomato	Pea	Pea	Chef choice
Main Meal	Cheese Ravioli in homemade tomato sauce with garlic bread	All Day Breakfast—sausage, hash brown, toast, beans, tomatoes, mushrooms	Roast dinner served with cabbage, carrots, peas, sweetcorn and roasted potatoes	Chinese Chicken Curry with rice & vegetable spring roll	Battered fish fillet & chips with peas or baked beans
Meat-free Main Meal	Vegetable & Lentil Stew	Vegetarian All Day Breakfast—veg. sausage, hash brown, toast, beans, tomatoes, mushrooms	Vegetarian roast dinner served with cabbage, carrots, peas, sweetcorn and roasted potatoes	Quorn Curry with rice & vegetable spring roll	Cheese Toasties
Side dish	Garlic Bread	Toast	Onion gravy (veg.) Crusty bread	Vegetable spring roll Flat bread	Chips Bread & butter
Vegetable	Tomatoes Mixed vegetables	Mushrooms Tomatoes	Cabbage Peas & sweetcorn Carrots Potatoes	Iceberg lettuce Sliced tomatoes	Peas
Dessert	Yoghurts, fresh fruit, cheese & crackers, raisins	Yoghurts, fresh fruit, cheese & crackers, raisins	Chocolate Cake Yoghurts, fresh fruit, cheese & crackers, raisins	Yoghurts, fresh fruit, cheese & crackers, raisins	Shortbread biscuit Yoghurts, fresh fruit, cheese & crackers, raisins

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Week 5 w/c 5th February	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Chef choice	Tomato & Basil	Broccoli & Cheddar	Vegetable	Vegetable
Main Meal	Vegetable Stir Fry with noodles	Chicken Curry with wholegrain rice, onion bhaji & Naan bread	Spaghetti & Meatballs	Chicken Fajita Wraps with fried onions, mixed peppers & tortilla chips	Fish fingers & chips with peas or baked beans
Meat-free Main Meal	Welsh Rarebit	Quorn curry with wholegrain rice, onion bhaji & Naan bread	Cheese & Tomato Panini	Vegetable and cheese Fajita wraps with fried onions, mixed peppers & tortilla chips	Cheese Toasties Vegetable Burger
Side dish	Garlic bread	Naan Bread Mango Chutney	Garlic Bread	Tortilla Chips	Chips Bread & butter
Vegetable	Tomatoes Peppers	Onions Peppers	Peas Carrots	Sliced red peppers Iceberg lettuce Tomatoes	Peas
Dessert	Yoghurts, fresh fruit, cheese & crackers, raisins	Yoghurts, fresh fruit, cheese & crackers, raisins	Chocolate fudge cake Yoghurts, fresh fruit, cheese & crackers, raisins	Yoghurts, fresh fruit, cheese & crackers, raisins	Shortbread biscuit Yoghurts, fresh fruit, cheese & crackers, raisins

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