

Fieldhead Carr Primary Menu

Weekly Menu

Our school menus have been designed to provide balanced, delicious and healthy choices for your child using seasonal, local produce wherever possible

Week 1: w/c 04.09.2017

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch - Dish of the Day	Traditional Homemade Cottage Pie	Taste of America- Southern Style Oven Baked Chicken served with Savoury Rice	Traditional Butchers Pork Sausage served with Mashed Potatoes	Roast Beef served with Yorkshire Pudding, Mashed and Crispy Roast Potatoes	Fish Fingers served with Homemade Jacket Potato Wedges
Lunch - Dish of the Day Vegetarian	Spanish Omelette served with Baby Baked Potatoes	Spaghetti Bolognaise	Lentil and Vegetable Curry served with Rice and Naan	Vegetarian Sausage served with Yorkshire Pudding, Mashed and Crispy Roast Potatoes	Homemade Cheese and Onion Pinwheel served with Homemade Jacket Potato Wedges
Fresh Seasonal Vegetable Selection	Carrots and Broccoli	Peas and Sweetcorn	Seasonal Roasted Vegetable Medley	Carrots and Seasonal Cabbage	Peas and Cauliflower
Salad of the Day & Salad Bar	Sweetcorn and Mixed Pepper Salad	Cous Cous Salad	Apple and Celery Salad		Pasta Salad
Dessert	Lemon Drizzle Traybake	Jelly served with Fresh Fruit Salad	Seasonal Fruit Crumble and Custard	Cheesecake Brownie	Fun Fruit Friday - Watermelon Pizza
Grab a Bag*	Ham or Cheese filled Baguette	Sliced Beef or Cheese Savoury Sub Roll	Tuna Mayonnaise or Sliced Egg Salad Sandwich in Wholemeal Bread Wedge of Cheese	Ham or Cheese and Onion Wrap	Tuna Mayonnaise or Egg Salad Sandwich Wedge of Cheese

*all Grab a Bags will contain fresh vegetable and fresh fruit snack packs and offered with a choice of fruit yoghurt or piece of homemade cake, cookie or traybake

If you require any information regarding Allergens please contact Catering Leeds Head Office - 0113 3782321



FAIRTRADE



yoghurts & fresh fruit available daily

Free Range Eggs

freshly made

red tractor standards



MSC Fish

UK farm assured meat



local sourcing

INTERNATIONAL CUISINE

All menu items are subject to availability



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Week 2: w/c: 11.09.17

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch - Dish of the Day	Beef Lasagne served with Homemade Tomato and Garlic Bread	Chicken and Sweetcorn Pie served with Homemade Jacket Wedges	Taste of the East - Thai Green Chicken Curry with Rice	Roast Gammon served with Yorkshire Pudding, Mashed and Crispy Roast Potatoes	Crispy Crumb Fishcake served with Lemon Pepper Mayo dip and Homemade Herby Diced Potatoes
Lunch - Dish of the Day Vegetarian	Creamy Vegetable Layer Bake	Vegetarian Grill in a bun served with salad garnish and homemade Salsa	Lasagne served with Crusty Bread	Vegetarian Mince Hot	Cheese and Tomato Ciabatta Melt served with Homemade Herby Diced Potatoes
Fresh Seasonal Vegetable Selection	Cauliflower and Broccoli	Carrots and Seasonal Winter Greens	Sweetcorn and Broccoli	Carrot and Swede Mash	Peas or Baked Beans
Salad of the Day & Salad Bar	Winter Coleslaw	Carrot and Orange Salad	Raita Salad		Mixed Bean Salad
Dessert	Seasonal Fruit Crumble and Custard	Jam and Coconut topped Vanilla Sponge	Mandarin Jelly Sundae	Ice Cream Roll served with Mixed Berries	Fun Fruit Friday - Fruit Kebabs
Grab a Bag*	Turkey or Cheese filled Sub Roll	Tuna Mayonnaise or Sliced Egg Salad Sandwich in a Bap Wedge of Cheese	Ham or Cheese filled Baguette	Sliced Beef or Egg Mayonnaise filled Bap Wedge of Cheese	Tuna Mayonnaise or Cream Cheese and Cucumber Sandwich in Wholemeal Bread

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Catering Leeds

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Week 3: w/c: 18.09.17

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch - Dish of the Day	Chicken Tikka Masala served with Rice , Naan and Mango Chutney	Tuna Pasta Bake with Crusty Bread	Chilli Beef Enchilladas served with Homemade Jacket Wedges	Roast Turkey served with Yorkshire Pudding, Mashed and Crispy Roast Potatoes	Taste of the Caribbean – Baked Salmon and Vegetables served with Rice
Lunch - Dish of the Day Vegetarian	Cheese and Potato Omelette	Chunky Vegetable Casserole with Herby Dumplings	Mediterranean Vegetable Tart served with Homemade Jacket Wedges	Vegetarian Sausage with Yorkshire Pudding, Mashed and Roast Potatoes	Jacket Potato served with a Bolognese filling
Fresh Seasonal Vegetable Selection	Peas and Cauliflower	Broccoli and Carrot Batons	Sweetcorn and Sliced Green Beans	Seasonal Roasted Vegetables	Peas
Salad of the Day	Pasta Salad	Cucumber, Tomato and Mint	Mixed Green Salad		Tomato, Sweetcorn and Pepper Salsa Salad
Dessert	Homemade Apple and Apricot Strudel	Pineapple Flapjack and Milkshake	Ice Cream served with Fresh Fruit Salad	Cheesecake	Fun Fruit Friday - Melon Medley
Grab a Bag*	Sliced Pork or Egg Mayonnaise filled Bap Wedge of Cheese	Sliced Chicken or Cheese filled Wholemeal Sandwich	Tuna Mayonnaise or Sliced Egg Salad filled Sub Roll Wedge of Cheese	Sliced Ham or Cheese Savoury filled Bap	Tuna and Sweetcorn Mayonnaise or Egg Mayonnaise filled Wholemeal Sandwich Wedge of Cheese

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