



Bird in Bush Primary School Lunch Menu – Week 1

Key - Halal H / Free Range FR / Red Tractor RT / Wholegrain W / MSC Certified M

	Choice of main dishes	Sides available and Dessert
Monday	Beef bolognese with spaghetti H RT Jacket potatoes filled with tuna, sweetcorn or cheese Vegetarian paella	Red cabbage and runner beans <i>Strawberry yoghurt and fruits</i>
Tuesday	Sizzling chicken tacos with traditional toppings H RT Vegetable medley with cous cous Mixed vegetables and tomato pasta	Garden broccoli and cauliflower <i>Autumn fruit salad with vanilla sauce</i>
Wednesday	Halal red Thai Turkey curry with rice H RT Bean and mushroom stroganoff with rice Stuffed butternut squash	British farmed peas and carrots <i>Seasonal fruit salad and yoghurt</i>
Thursday	Roast chicken with roasted potatoes and gravy H RT Omelette popovers with roast potatoes Brie and beetroot tart	Organic root vegetables <i>Homemade Mandarin jelly</i>
Friday	Macaroni cheese Slow-cooked Jacket potatoes filled with baked beans and cheese Vegetable quiche and feta salad	Mixed seasonal vegetables <i>Eve's pudding and custard</i>

The following is available daily – wholemeal, white and pitta bread / water and milk

A selection of salads including Greek salad, avocado salad, asparagus salad and prawn cocktail salad



Bird in Bush Primary School Lunch Menu – Week 2

Key - Halal H / Free Range FR / Red Tractor / Wholegrain W / MSC Certified M

	Choice of main dishes	Sides available and Dessert
Monday	Lamb Goulash with mashed potato RT Vegetarian chow mein Butternut Emmental and quinoa roulades	Mixed seasonal vegetables <i>Banana and cinnamon rice pudding</i>
Tuesday	Finest British Beef lasagne with garlic bread H RT Jacket potatoes with tuna and cheese Cheese Omelette	Garden broccoli and cauliflower <i>Seasonal fruit salad and yoghurt</i>
Wednesday	Sweet and sour tofu stir fry with noodles Crisp jacket potatoes with cheddar cheese and beans Tuna pasta salad	Sweetcorn and peas <i>Shortbread and satsuma segments</i>
Thursday	Teriyaki chicken with brown rice H RT Lentil potato and spinach Thai curry Vegetarian enchiladas	Organic roast carrots <i>Baked apple with cinnamon</i>
Friday	Italian beef polpettone with basmati rice H RT Slow-cooked jacket potatoes filled with baked beans and cheese Vegetarian samosas and rice	Peas and low-sugar baked beans <i>Semolina with raisins</i>

The following is available daily – wholemeal, white and pitta bread / water and milk
A selection of salads including Greek salad, avocado salad, asparagus salad and prawn cocktail salad



Bird in Bush Primary School Lunch Menu – Week 3

Key - Halal H / Free Range FR / Red Tractor RT / Wholegrain W / MSC Certified M

	Choice of main dishes	Sides available and Dessert
Monday	Creamy chicken korma with brown rice Red lentil and sweet potato Balti with brown rice Assorted Nan breads	Steamed broccoli Chunky cauliflower <i>Apple and rhubarb crumble and custard</i>
Tuesday	Salmon ratatouille with pasta Mixed bean and root vegetable fried rice Tuna, pasta salad	Garden peas and sweetcorn <i>Low fat fruit yoghurt</i> <i>Fresh fruit</i>
Wednesday	Tomato and red lentil lasagne Tomato and mixed vegetable rigatoni pasta Jacket potatoes with cheese and beans	Root vegetables <i>Banana pancakes and fruits</i>
Thursday	Jerk chicken with rice and peas Pitta bread falafel and humus Four cheese ravioli	Organic roast carrots Green beans <i>Semolina with blackberry compote</i>
Friday	Greek style baked cod with potato wedges Veggie sausage pasta bake Jacket potatoes with cheese and tuna mayo	Garden peas <i>Carrot cake and fruits</i>

The following is available daily – wholemeal, white and pitta bread / water and milk
A selection of salads including Greek salad, avocado salad, asparagus salad and prawn cocktail salad