

**Central Walker Primary School Menu September 2022 – July 2023**  
**Week One**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Cheese Omelette(v)	Chicken Korma	Cheese & Tomato Pizza	Roast Turkey Sage and Onion Stuffing	Fish Fingers
Hash Browns	Fluffy Rice	Seasoned Wedges	Creamed Potatoes	Chips
Baked Beans * * * *	Green Beans * * * *	Crunchy Coleslaw * * * *	Carrots * * * *	Mushy Peas * * * *
Quorn Dippers (v)	Quorn Mince Pie (v)	Vegetable Fingers (v)	Pasta Pomodoro (v)	BBQ Quorn Fillet(v)
Hash Browns	Creamed Potatoes	Seasoned Wedges	Garlic Bread	Chips
Baked Beans * * * *	Turnip * * * *	Wholewheat Hoops * * * *	Broccoli * * * *	Mushy Peas * * * *
Egg & Cress Baguette * * * *	Cheese Savoury Sandwich * * * *	Ham Wrap * * * *	Tuna Sandwich * * * *	Turkey Sandwich * * * *
Filled Jacket Potato Choice of Cheese or Baked Beans (v) with Salad	Filled Jacket Potato Choice of Cheese, Baked Beans (v) or Tuna with Salad	Filled Jacket Potato Choice of Cheese, Baked Beans (v) or Tuna with Salad	Filled Jacket Potato Choice of Cheese, Baked Beans (v) or Tuna with Salad	Filled Jacket Potato Choice of Cheese, Baked Beans (v) or Tuna with Salad
<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>
Fresh Fruit or Yoghurt	Shortbread & Custard	Strawberry Mousse	Lemon Drizzle Cake & Custard	Chocolate Brownie

<b>Also available every day:</b>	<b>Choice of:</b>	<b>Choice of drinks:</b>	
	<ul style="list-style-type: none"> <li>• Salad bar</li> <li>• Fresh fruit selection</li> <li>• Yoghurt</li> <li>• Cheese and biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit juice</li> <li>• Reduced fat milk</li> <li>• Chilled water</li> </ul>	<ul style="list-style-type: none"> <li>• Selection of fresh bread and rolls</li> </ul>

Menus are subject to availability  
(V) suitable for Vegetarians or (VG) Vegan diets

Central Walker Primary School Menu September 2022 – July 2023

Week Two

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Quorn Dippers(vg)	Mince & Dumplings	Roast Chicken Yorkshire Pudding	Pork or Quorn Sausages with Gravy	Battered Fish
Potato Wedges	Creamed Potato	Mashed Potato	Oven Roast Potatoes	Chips
Spaghetti Hoops * * * *	Cauliflower * * * *	Cabbage * * * *	Mashed Turnip * * * *	Mushy Peas * * * *
Quorn & Chickpea Curry (v)	Quorn Meatballs in Tomato Sauce with Pasta (v)	Quorn Burger in Bun (v)	Vegetarian Lasagne (v)	Cheese and Potato Pie (v)
Vegetable Rice	Garlic Bread	Diced Potatoes	Crusty Bread	Chips
* * * *	Garden Peas * * * *	Baked Beans * * * *	Green Salad * * * *	Coleslaw * * * *
Cheese Baguette	Turkey Sandwich	Tuna Wrap	Ham Sandwich	Cheese Sandwich
* * * *	* * * *	* * * *	* * * *	* * * *
Filled Jacket Potato	Filled Jacket Potato	Filled Jacket Potato	Filled Jacket Potato	Filled Jacket Potato
Choice of Cheese or Baked Beans (v) with Salad	Choice of Cheese, Baked Beans (v) or Tuna with Salad	Choice of Cheese, Baked Beans (v) or Tuna with Salad	Choice of Cheese, Baked Beans (v) or Tuna with Salad	Choice of Cheese, Baked Beans (v) or Tuna with Salad
<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>
Iced Sponge & Custard	Fresh Fruit or Yoghurt	Vanilla Cookie	Sticky Orange Sponge & Custard	Frozen Yoghurt

<b>Also available every day:</b>	<b>Choice of:</b>	<b>Choice of drinks:</b>	
	<ul style="list-style-type: none"> <li>• Salad bar</li> <li>• Fresh fruit selection</li> <li>• Yoghurt</li> <li>• Cheese and biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit juice</li> <li>• Reduced fat milk</li> <li>• Chilled water</li> </ul>	<ul style="list-style-type: none"> <li>• Selection of fresh bread and rolls</li> </ul>

Menus are subject to availability  
(V) suitable for Vegetarians or (VG) Vegan diets

Central Walker Primary School Menu September 2022 – July 2023

Week Three

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tomato & Mascarpone(v) Pasta	Chicken Jalfrezi	Roast Chicken or Quorn Fillet	Spaghetti Bolognese	Fish Goujons
Garlic Bread	Boiled Rice	Creamed Potatoes	Garlic Bread	Chips
Mixed Salad * * * *	Apple & Cucumber Salad * * * *	Broccoli * * * *	Carrots * * * *	Beetroot * * * *
Southern Style Quorn Fillet (v)	Margherita Pizza (v)	Quorn Kofta (v) with Savoury Rice	Quorn Sausage Roll (v)	Three Bean Chilli (v)
Seasoned Wedges	Diced Potatoes	Pitta Bread	Oven Roast Potatoes	Fluffy Rice
Beans * * * *	Sweetcorn * * * *	Coleslaw * * * *	Wholewheat Hoops * * * *	Garden Peas * * * *
Egg Mayo Sandwich * * * *	Tuna Wrap * * * *	Cheese Savoury Sandwich * * * *	Ham & Tomato Baguette * * * *	Chicken Mayo Sandwich * * * *
Filled Jacket Potato Choice of Cheese or Baked Beans (v) with Salad	Filled Jacket Potato Choice of Cheese, Baked Beans (v) or Tuna with Salad	Filled Jacket Potato Choice of Cheese, Baked Beans (v) or Tuna with Salad	Filled Jacket Potato Choice of Cheese, Baked Beans (v) or Tuna with Salad	Filled Jacket Potato Choice of Cheese, Baked Beans (v) or Tuna with Salad
<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>	<b>DESSERT</b>
Chocolate Cookie	Strawberry or Vanilla Ice Cream	Fresh Fruit or Yoghurt	Apple Crumble Muffin	Flapjack & Custard

<b>Also available every day:</b>	<b>Choice of:</b>	<b>Choice of drinks:</b>	
	<ul style="list-style-type: none"> <li>• Salad bar</li> <li>• Fresh fruit selection</li> <li>• Yoghurt</li> <li>• Cheese and biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit juice</li> <li>• Reduced fat milk</li> <li>• Chilled water</li> </ul>	<ul style="list-style-type: none"> <li>• Selection of fresh bread and rolls</li> </ul>

Menus are subject to availability  
(V) suitable for Vegetarians or (VG) Vegan diets