

# YOUR MENU

(v) = vegetarian  
(ve) = vegan

## FRIDAY

Fish Fingers with Chips

Omelette with Chips (v)

Cream Cheese and  
Cucumber Bap with Veg  
Sticks and Chips (v)

Fresh Fruit or Yoghurt

Please note, whilst we make every effort to prevent cross contamination in our kitchens, we cannot guarantee that any food item is free from any specific allergen. We produce our food fresh every day in kitchens where allergens are handled by our staff and where utensils and equipment are used for multiple menu items.



## THURSDAY

Roast Chicken with Yorkshire  
Pudding, Mashed and Roast  
Potatoes

Vegetarian Sausage with  
Yorkshire Pudding, Mashed  
and Roast Potatoes (v)

Hot Roast Filled Bap with  
Roast Potatoes

Pear and Ginger Sponge  
and Custard



## Wednesday

Minced Beef and Onion Pie  
with Mashed Potato

Vegetable Korma with Rice  
(v)

Tuna Crunch Wrap with  
Jacket Wedges

Fresh Fruit or Yoghurt

RED TRACTOR STANDARDS



## Tuesday

Sticky Chicken Wrap with  
Rice

Margherita Pizza with  
Jacket Wedges (v)

Egg Mayonnaise Sandwich  
with Jacket Wedges (v)

Fresh Fruit or Yoghurt

AVAILABLE DAILY  
**YOGHURTS**  
AND  
*Fresh Fruit*

MENUS ARE SUBJECT  
TO AVAILABILITY

**Shire Oak  
Primary**

*Week 1*

W/C – 5/9/22, 26/09/22,  
17/10/22, 14/11/22, 5/12/22,  
9/01/23, 30/01/23

## MONDAY

Roasted Vegetable Mac  
and Cheese (v)

Vegetarian Burger in a Bun  
with Jacket Wedges (ve)

Wholemeal Cheese Bap  
with Jacket Wedges (v)

Fresh Fruit or Yoghurt



# YOUR MENU

(v) = vegetarian

(ve) = vegan

## FRIDAY

Crispy Salmon Bites with Chips

Margherita Pizza with Chips (v)

Cheese and Tomato Finger Roll with Chips (v)

Fresh Fruit or Yoghurt

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**Shire Oak Primary**

*Week 2*

W/C – 12/09/22, 3/10/22,  
31/10/22, 21/11/22,  
12/12/22, 16/01/23,  
6/02/23

## MONDAY

Breaded Chicken in Curry Sauce with Rice

Vegetarian Sausage Pasta Bake (v)

Cheese Bap with Rice Salad (v)

Fresh Fruit or Yoghurt

## Tuesday

Vegetable Lasagne (v)

Cheesy Bean Slice with Jacket Wedges (v)

Wholemeal Egg Mayonnaise Sandwich with Jacket Wedges (v)

Fresh Fruit or Yoghurt

**AVAILABLE DAILY**  
**YOGHURTS**  
AND  
*Fresh Fruit*

MENUS ARE SUBJECT TO AVAILABILITY



## Wednesday

Sausage Casserole

Vegetarian Kebab Wrap with Baby Baked Potatoes (ve)

Wholemeal Tuna Sandwich with Baby Baked Potatoes

Fresh Fruit or Yoghurt

RED TRACTOR STANDARDS



## THURSDAY

Roast Chicken with Yorkshire Pudding, Mashed and Roast Potatoes

Vegetarian Sausage with Yorkshire Pudding, Mashed and Roast Potatoes (v)

Hot Roast Filled Bap with Roast Potatoes

Apple Crumble with Custard



# YOUR MENU

(v) = vegetarian

(ve) = vegan

## FRIDAY

Fish Fingers with Chips

Vegetable Nuggets with Chips (ve)

Wholemeal Cheese Sandwich with Chips (v)

Fresh Fruit or Yoghurt

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## THURSDAY

Roast Pork with Yorkshire Pudding, Mashed and Roast Potatoes

Vegetarian Sausage with Yorkshire Pudding, Mashed and Roast Potatoes (v)

Vegetarian Sausage Filled Bap with Roast Potatoes (v)

Rice Pudding with Homemade Strawberry Sauce



## Wednesday

Roast Chicken Bap with Jacket Wedges

Super Five Pasta Bake (v)

Cream Cheese and Cucumber Bap with Veg Sticks and Jacket Wedges (v)

Fresh Fruit or Yoghurt

RED TRACTOR STANDARDS



## Tuesday

Meat Feast Pizza with Herby Diced Potatoes

Sweet Potato Vegetable Chilli with Rainbow Rice (ve)

Wholemeal Tuna and Cucumber Sandwich with Rainbow Rice

Fresh Fruit or Yoghurt

## AVAILABLE DAILY YOGHURTS AND Fresh Fruit

MENUS ARE SUBJECT TO AVAILABILITY

Shire Oak Primary

Week 3

W/C – 19/09/22, 10/10/22, 7/11/22, 28/11/22, 2/01/23, 23/01/23

## MONDAY

Spaghetti Bolognese (v)

Jacket Potato with Baked Beans (ve)

Wholemeal Egg Mayonnaise Bap with Jacket Wedges (v)

Fresh Fruit or Yoghurt

