


WESTWAYS PRIMARY

AUTUMN WINTER 23/24

WEEK ONE



PRIMARY MENU WEEK 1	'GREEN EARTH MONDAY'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Macaroni Cheese	Chicken Tikka Curry with Mixed Rice	Roast Gammon with Roast Potatoes & Gravy	 Pork Sausage Roll with Baked Potato Wedges	Fish Fingers with Chips
Vegetarian Main Course	Beany Veggie Burrito	Cheese & Tomato Pizza with Garlic Bread	Yorkshire Pudding with Vegetarian Mince & Roast Potatoes	Cheese & Onion Roll with Baked Potato Wedges	Veggie Pasta Bake
Halal		Halal Chicken Tikka Curry with Mixed Rice	Yorkshire Pudding with Halal Lamb Mince & Roast Potatoes	Halal Chicken Pattie with Baked Potato Wedges	
Jacket Potato and Filling	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese, Beans or Tuna Mayo	Jacket Potato with Cheese, Beans or Tuna Mayo	Jacket Potato with Cheese, Beans or Tuna Mayo	Jacket Potato with Cheese, Beans, Salmon Mayo or Tuna Mayo
Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Cauliflower	Carrots Seasonal Greens	Green Beans Baked Beans Sweetcorn	Baked Beans Garden Peas
Dessert	Apple Sponge	Flapjack Finger	Vanilla Sponge with Custard	Tootie Fruity Jelly with Mandarins	Chocolate Shortbread

Available Daily: Salad Selection, Fresh Bread, Fresh Fruit and Yoghurts

Portion(s) of fruit or veg		Source of wholegrain		Contains plant-based proteins		50% fruit		Oily fish	
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Our desserts meet Public Health England's target for 'free sugar' intake for your child.

Recommended fruit and vegetable portion sizes are calculated using School Food Standards. On average our desserts do not exceed a third of a child's recommended 'free sugar' intake.


*Halal Meat is Pre-Slaughtered

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WEEK TWO



PRIMARY MENU WEEK 2	'GREEN EARTH MONDAY'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Ham Pizza with Garlic Bread	Beef Pasta Bolognese	 Pork Sausage Toad in the Hole with Roast Potatoes & Gravy	Chicken & Bean Burrito	Fish Fingers with Chips
Vegetarian Main Course	Cheese & Tomato Pizza with Garlic Bread	Veggie Pasta Bolognese	Vegetable Sausage Toad in the Hole with Roast Potatoes & Gravy	Macaroni Cheese	Cheese & Onion Pastry Roll with Chips
Halal		Halal Lamb Pasta Bolognese	Halal Chicken Pattie with Roast Potatoes & Gravy	Halal Chicken & Bean Burrito	
Jacket Potato and Filling	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese, Beans or Tuna Mayo	Jacket Potato with Cheese, Beans or Tuna Mayo	Jacket Potato with Cheese, Beans or Tuna Mayo	Pasta with Tomato Sauce
Vegetables	Sweetcorn Garden Peas	Green Beans Carrots	Cauliflower Seasonal Greens	Mixed Vegetables Sweetcorn	Baked Beans Garden Peas
Dessert	Apple Crumble Bar	Lemon Cake with Custard	Banana Cake with Fruit	Chocolate Cookie	Strawberry Jelly

Available Daily: Salad Selection, Fresh Bread, Fresh Fruit and Yoghurts

Portion(s) of fruit or veg		Source of wholegrain		Contains plant-based proteins		50% fruit		Oily fish	
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WEEK THREE



PRIMARY MENU WEEK 3	'GREEN EARTH MONDAY'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Macaroni Cheese	BBQ Chicken Meatballs with Pasta	Roast Chicken with Roast Potatoes & Gravy	Beef Chilli with Mixed Rice	Fish Fingers with Chips
Vegetarian Main Course	Veggie Chilli with Mixed Rice	Veggie Mince Cottage Pie	Vegetable Sausage with Roast Potatoes & Gravy	Cheese & Tomato Pizza with Garlic Bread	Veggie Tikka Curry with Chips
Halal		Halal BBQ Chicken Meatballs with Pasta	Halal Roast Chicken with Roast Potatoes & Gravy	Halal Lamb Mince Chilli with Mixed Rice	
Jacket Potato and Filling	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese, Beans or Tuna Mayo	Jacket Potato with Cheese, Beans or Tuna Mayo	Jacket Potato with Cheese, Beans or Tuna Mayo	Pasta with Tomato Sauce
Vegetables	Sweetcorn Cauliflower	Mixed Vegetables Garden Peas	Seasonal Greens Carrots	Green Beans Cauliflower	Baked Beans Garden Peas
Dessert	Chocolate Banana Cake	Flapjack with Fruit	Chocolate Sponge with Custard	Lemon Drizzle Cake	Shortbread with Mandarins

Available Daily: Salad Selection, Fresh Bread, Fresh Fruit and Yoghurts

Portion(s) of fruit or veg		Source of wholegrain		Contains plant-based proteins		50% fruit		Oily fish	
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