Miers Court Primary School

WEEKLY MENU

WEEK 1
WEEK 2
WEEK 3

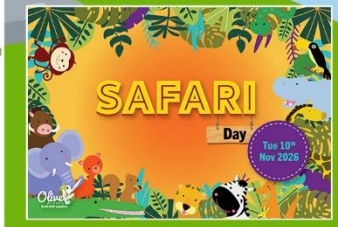
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Smokey BBQ Chicken	Super Swirl Beefy Pasta (G/W)	Roast Chicken with Gravy	BBQ Chicken & Sweetcorn Pizza (MK, G/W)	Captain's Crispy Fish Fingers or Salmon Fishcake & Chips (F, G/W)
VEGGIE	Smokey BBQ Pulled Jackfruit (V)	Super Swirl Veggie Pasta (G/W) (V) (S)	Cheesy Veggie Hot Pot with Gravy (CE, MK, G/W) (S)	Cheesy Tomato Pizza (MK, G/W)	Cheesy Mexican Veggie Burrito & Chips (MK, G/W)
SIDES	Steamed Rice with Sweetcorn & Green Beans (V) (S)	Carrots & Broccoli (V) (S)	Rustic Roast Potatoes & Seasonal Vegetables (V) (S)	Homemade Potato Wedges & Baked Beans (V) (S)	Baked Beans or Peas (V)
PASTA & JACKET	Italian Tomato Twirl Pasta (CE, MK, G/W) (S)	Jacket Potato with a Choice of Fillings (E, F, MK)	Mac & Cheese (MK, G/W)	Jacket Potato with a Choice of Fillings (E, F, MK)	Tomato & Vegetable Pasta (CE, G/W) (V) (S)
PUD	Banana Bonanza Sponge & Creamy Custard (E, MK, SO*, G/W)	Golden Pear Crumble with Custard (MK, G/B*, O, W) (S)	Vanilla Shortbread (G/W) (V)	Chocolate Mousse (MK, SO*)	Vanilla Sponge with Chocolate Sauce (E, MK, SO*, G/W)

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT

THEME DAYS









DATES

02 NOV / 23 NOV
14 DEC /

ALLERGENS

CE = CELERY
CR = CRUSTACEAN
E = EGGS
F = FISH
G = GLUTEN
G/B = BARLEY
G/O = OATS
G/R = RYE
G/W = WHEAT
L = LUPIN
MK = MILK
MO = MOLLUSCS
MU = MUSTARD
N = NUTS
P = PEANUTS
SO = SOYA
SU = SULPHUR
SE = SESAME SEEDS
* = MAY CONTAIN
(V) = VEGAN
(S) = SEASONAL VEG

Olive dining
food with passion

Miers Court Primary School

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WEEK 3

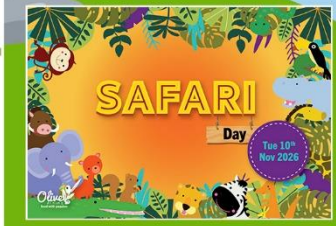
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Beef Ragu Topped Mac & Cheese (MK, G/W)	Mild Chicken Tikka Masala (MK, G/B*, O*, R*, W*) S	Lightly Spiced Chicken	Homemade Beefy Lasagne (E*, MK, G/B*, W)	Pepperoni Pizza (CE*, E*, MK, MU*, SO*, G/W)
VEGGIE	Roasted Butternut Squash Topped Mac & Cheese (MK, G/W) S	Mild Vegetable Tikka Masala (MK, G/B*, O*, R*, W*) S	Lightly Spiced 'Plant Based' Chickn V	Homemade Roasted Squash & Root Vegetable Lasagne (E*, MK, G/W) S	Margherita Pizza (MK, G/W)
SIDES	Peas & Sweetcorn V S	Steamed Rice with Carrots & Green Beans V S	Paprika Diced Potatoes & Sweetcorn V S	Broccoli V S	Homemade Potato Wedges & Baked Beans V S
PASTA & JACKET	Jacket Potato with a Choice of Fillings (E, F, MK)	Italian Tomato Twirl Pasta (CE, MK, G/W) S	Jacket Potato with a Choice of Fillings (E, F, MK)	Tomato & Vegetable Pasta (CE, G/W) V S	Jacket Potato with a Choice of Fillings (E, F, MK)
PUD	Apple Sponge & Custard (E, MK, SO*, G/W) S	Chocolate Shortbread Biscuit (G/W) V	Sticky Toffee Apple Crumble with Custard (MK, G/W) S	Jam Sponge with Custard (E, MK, SO*, SU, G/W)	Cool School Ice Cream (MK)

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THEME DAYS









DATES

09 NOV / 30 NOV

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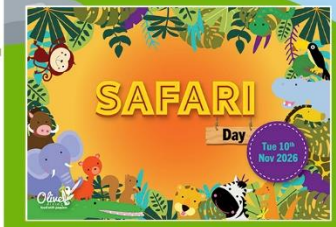
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Sticky Chicken Pasta Bake (CE, G/W)	Cowboy Beef Chilli (CE) S	Roast Chicken with Gravy	Jerk Chicken Curry (CE) S	Crispy Catch Fish & Chips (F, G/B*, W)
VEGGIE	Sticky Veggie Pasta Surprise (CE, G/W) V S	Tex Mex Mild Veggie Chilli (CE) V S	Roast Jerk Quorn Fillet (G/W) V	Jerk Vegetable Curry (CE, G/B*, O*, R*, W*)	Cheesy Pizza & Chips (MK, G/W)
SIDES	Broccoli V S	Steamed Rice & Broccoli V S	Rustic Roast Potatoes & Seasonal Vegetables V S	Rice & Peas (CE) V S	Baked Beans or Peas V
PASTA & JACKET	Jacket Potato with a Choice of Fillings (E, F, MK)	Mac & Cheese (MK, G/W)	Jacket Potato with a Choice of Fillings (E, F, MK)	Italian Tomato Twirl Pasta (CE, MK, G/W) S	Jacket Potato with a Choice of Fillings (E, F, MK)
PUD	Winter Berry Cake (E, MK, SO*, G/W) S	Syrup Sponge with Custard (E, MK, SO*, G/W)	Oaty Crunch Cookie (MK*, G/B*, O, W)	Mixed Berry Crumble with Custard (MK, G/W)	West Indian Fruit Cake (E, MK, SO*, G/W)

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THEME DAYS









DATES

16 NOV / 07 DEC

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