




THE BROW PRIMARY SCHOOL WEEK 1

Freshly
made
every day!

DAY	CHOICE 1	 CHOICE 2	CHOICE 3	PUDDING
Monday	Mac and Cheese served with Garlic Flatbread and Sweetcorn	Cheese and Tomato Pizza served with Half a Jacket Potato and Sweetcorn	Oven Baked Jacket Potato filled with Tuna, Cheese or Beans served with Mixed Salad	Flapjack or Low-Fat Yoghurt or Fruit Salad
Tuesday	Mild Chicken Curry served with Rice, ½ Garlic Naan Bread and Mixed Peppers	Cheese Flan served with Jacket Wedges and Mixed Pepper Salad	Assorted Sandwiches filled with Cheese, Ham or Tuna served with Carrot & Cucumber Sticks	Banana Cake or Frozen Yoghurt or Fruit Salad
Wednesday	Roast Chicken fillet served with Creamed Potatoes, Carrot & Pea Medley and Gravy	Vegetable Sausages served with Creamed Potatoes, Carrot & Pea Medley and Gravy	Oven Baked Jacket Potato filled with Tuna, Cheese or Beans served with Mixed Salad	Jam Sponge & Custard or Frozen Yoghurt or Fresh Fruit Salad
Thursday	Chicken and Veg Casserole served with New Potatoes	Tomato and Lentil Soup served with Half a Sandwich filled with Cheese or Tuna served with Carrot sticks	Oven Baked Jacket Potato filled with Tuna, Cheese or Beans served with Mixed Salad	Vanilla and Berry Cookie or Low-Fat Yoghurt or Fruit Salad
Friday	Breaded Fish Fillet served with Chips and Garden Peas	Kitchen Made Veggie Burger in a Bun served with Chips and Garden Peas	Assorted Sandwiches filled with Cheese, Ham or Tuna served with Carrot and Cucumber Sticks	Marble Cake and Chocolate Sauce or Frozen Yoghurt or Fruit salad

Available Daily: Fresh Fruit and Salad Bar

If you have any questions about food allergens, please speak to the kitchen team who will be happy to help.



THE BROW PRIMARY SCHOOL

WEEK 2

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DAY

CHOICE 1

CHOICE 2

CHOICE 3

PUDDING

Monday

Margherita Pizza
served with Sweetcorn, Carrot and
Cucumber Sticks

Roasted Vegetable and Basil Pasta
served with Sweetcorn, Carrot and
Cucumber Sticks

Assorted Sandwiches
filled with Cheese, Ham or Tuna
served with Carrot and
Cucumber Sticks

Shortbread
or
Low-Fat Yoghurt or Fresh Fruit
Salad

Tuesday

Pork Sausages
served with Creamed Potatoes and
Baked Beans

Cheese and Bean Pasty
served with Creamed Potatoes and
Baked Beans

Oven Baked Jacket Potato
filled with Tuna, Cheese or
Beans served with Mixed Salad

Fresh Fruit Salad
or
Chocolate Crunch or Frozen Yoghurt

Wednesday

Roast Chicken Breast
served with Creamed Potatoes,
Yorkshire Pudding, Carrot & Green
Bean Medley and Gravy

**Vegetable Sausage in Yorkshire
Pudding**
served with Creamed Potatoes,
Carrot & Green Bean Medley and
Gravy

Assorted Sandwiches
filled with Cheese, Ham or Tuna
served with Carrot and
Cucumber Sticks

Iced Orange Drizzle Cake
or
Low-Fat Yoghurt or Fresh Fruit
Salad

Thursday

Meat and Potato Pie
served with Garden Peas, Sweetcorn
and Crusty Bread

Vegetable Korma
served with Peas, Sweetcorn and
Rice

Oven Baked Jacket Potato
filled with Tuna, Cheese or
Beans served with Mixed Salad

Fresh Fruit Salad
or
Oaty Cookie or Frozen Yoghurt

Friday

Fish Fingers
served with Chips and Peas

Crustless Vegetable Quiche
served with Chips and Peas

Assorted Sandwiches
filled with Cheese, Ham or Tuna
served with Carrot and
Cucumber Sticks

Golden Syrup Sponge and Custard
or
Frozen Yoghurt or Fresh Fruit Salad

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THE BROW PRIMARY SCHOOL WEEK 3



DAY	CHOICE 1 	CHOICE 2	CHOICE 3	PUDDING
Monday	Cheesy Pizza served with Filled Cheesy Potato Skins and Mixed Salad	Sweet Tomato Pasta Bake served with Garlic Flatbread and Mixed Salad	Assorted Sandwiches filled with Cheese, Ham or Tuna served with Carrot and Cucumber Sticks	Fresh Fruit Salad or Custard Cookie or Frozen Yoghurt
Tuesday	Creamy Chicken Pie served with Baby Potatoes and Carrots	Vegetable Chilli Nachos served with Savoury Rice and Mixed Salad	Oven Baked Jacket Potato filled with Tuna, Cheese or Beans served with Mixed Salad	Chocolate Brownie or Frozen Yoghurt or Fresh Fruit Salad
Wednesday	Cottage Pie served with Cauliflower and Gravy	Cheese Whirl served with Jacket Wedges and Sweetcorn	Assorted Sandwiches filled with Cheese, Ham or Tuna served with Carrot and Cucumber Sticks	Sticky Toffee Muffin or Low-Fat Yoghurt or Fresh Fruit Salad
Thursday	Beef Spaghetti Bolognese served with Sweetcorn and Mixed Pepper Salad	Veggie Bolognese served with Spaghetti, Grated Cheddar and Peas	Oven Baked Jacket Potato filled with Tuna, Cheese or Beans served with Mixed Salad	Fresh Fruit Salad or Cherry Shortbread or Frozen Yoghurt
Friday 	Salmon Goujons served with Chips, Garden Peas and Tomato Ketchup	Margherita Pizza Baguette served with Chips, Garden Peas and Tomato Ketchup	Assorted Sandwiches filled with Cheese, Ham or Tuna served with Carrot and Cucumber Sticks	Jam & Coconut Sponge or Low-Fat Yoghurt or Fresh Fruit Salad

Available Daily: Fresh Fruit and Salad Bar



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