



YOUR MENU @

**MARYLAND
PRIMARY SCHOOL**

----- Autumn - Winter 2023/24 -----

| WEEK 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------|--|--|--|---|---|
| First Choice | Sweet Chilli Meatballs with Pasta | Lamb & Lentil Lasagne served with Garlic Bread | Roast Chicken & Yorkshire Pudding served with Roast Potatoes | Shepherd's Pie | Fish Fingers with Chips |
| Second Choice | Veggie Frankfurter Hot Dog with Jacket Wedges V | Fish Biryani | BBQ Chicken in a Tortilla Wrap served with Coleslaw | Cheese & Tomato Pizza V | Veggie Quesadilla with Chips V |
| Vegetarian Choice | Vegetarian Pasta & Mixed Bean Bake PB | Vegetarian Koftas In Flatbread with Greek Salad V | Cheese & Leek Flan served with Roast Potatoes ND V | Vegetable & Lentil Curry served with Rice PB | Veggie Dippers with Chips PB |
| Vegetable Selection | Sweetcorn Fresh Broccoli | Green Beans Fresh Carrots | Seasonal Fresh Vegetables | Mixed Vegetables Sweetcorn | Garden Peas Baked Beans |
| Dessert of the Day | Frozen Yoghurt with Fruit | ND Banana Slice SS (egg free) | Cinnamon Rice Pudding SS | Apple Crumble with Custard SS | Fruit & Jelly with Ice Cream |

Daily Options

Salad Bar / Freshly Baked Bread / Fresh Fruit

WEEK 1

30 OCT, 20 NOV, 11 DEC, 1 JAN, 22 JAN, 19 FEB, 11 MAR

MEAT SERVED AT THIS SCHOOL IS HALAL & non HALAL

KEY: V - Vegetarian PB - Plant Based SS - Sugar Smart
ND - New Dish FGR - In association with Forest Green Rovers

Eat for Free Scheme funded by



DINEin
AND DISCOVER



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| WEEK 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|--|
| First Choice | Chicken Sausages With Mashed Potatoes | Lamb & Vegetable Jollof Rice | Roast Chicken & Yorkshire Pudding with Roast Potatoes | Greek Style Souvlaki Chicken with Rice | Fish Fingers with Jacket Wedges |
| Second Choice | Piri Piri Chicken with Rice | Jacket Potato with Cheese & Beans V | Spinach & Feta Whirl served with Roast Potatoes V | Ratatouille Ravioli PB | Tandoori Chicken in Naan with Salad |
| Vegetarian Choice | Thai Style Veggie Rice Bowl PB | Sweet Potato Macaroni Cheese V | Forest Green Rovers Vegan Burger in a Bun with Salad FGR PB | Chickpea & Potato Curry with Rice PB | Vegetarian Sausage Roll with Baked Jacket Wedges PB |
| Vegetable Selection | Sweetcorn Fresh Broccoli | Fresh Carrots Garden Peas | Seasonal Fresh Vegetables | Mixed Vegetables Sweetcorn | Garden Peas Baked Beans |
| Dessert of the Day | Raspberry Ice Cream Sponge Roll | ND Fruit Pudding & Custard (egg free) SS | Pineapple Cheesecake SS | Lemon & Courgette Cake with Custard SS | Waffles with Fruit & Ice Cream |
| Daily Options Salad Bar / Freshly Baked Bread / Fresh Fruit | | | | | |

WEEK 2

6 NOV, 27 NOV, 18 DEC, 8 JAN, 29 JAN, 26 FEB, 18 MAR

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----- Autumn - Winter 2023/24 -----

| WEEK 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|---|
| First Choice | Lamb Burger in a Bun with Salad & Jacket Wedges | Spaghetti Bolognese with Garlic Bread | Roast Chicken served with Yorkshire Pudding & Roast Potatoes | Chicken & Vegetable Pie with Mashed Potatoes | Fish Fingers served with Baked Jacket Wedges |
| Second Choice | Veggie Keema served with Raita & Naan Bread V | Jacket Potato with Cheese & Beans V | Veggie & Lentil Pasta Bake PB | Lamb Tikka Masala served with Rice | Mexican Chicken Burrito |
| Vegetarian Choice | Mixed Bean Quesadilla PB | Vegetable Samosa served with Rice & Dhal PB | Vegetable 'Toad in the Hole' served with Roast Potatoes V | Sweet Pepper & Feta Frittata with Mashed Potatoes V | Quorn Pattie Muffin with Baked Jacket Wedges V |
| Vegetable Selection | Sweetcorn Fresh Broccoli | Green Beans Fresh Carrots | Seasonal Fresh Vegetables | Mixed Vegetables Sweetcorn | Garden Peas Baked Beans |
| Dessert of the Day | Frozen Yoghurt with Fruit | ND Carrot Cake (egg free) SS | Vanilla Ice Cream | Chocolate Sponge & Chocolate Custard SS | Strawberry Mousse with Fresh Fruit SS |
| Daily Options Salad Bar / Freshly Baked Bread / Fresh Fruit | | | | | |

WEEK 3

13 NOV 4 DEC 15 JAN 5 FEB 4 MAR 25 MAR

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