



YOUR MENU @

MARYLAND PRIMARY SCHOOL

----- Autumn - Winter 2024/25 -----

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Swedish Meatballs with Jacket Wedges	Lamb & Lentil Lasagne served with Garlic Bread	Roast Chicken & Stuffing served with Roast Potatoes	Shepherd's Pie	Fish Fingers with Chips
Choice 2	Veggie Frankfurter Hot Dog with Jacket Wedges V	Fisherman's Bake	Quorn Fillet & Stuffing served with Roast Potatoes V	Cheese & Tomato Pizza V	Veggie Keema served with Raita & Naan Bread V
Choice 3	Oriental Quorn Stir Fry with Noodles V	Jacket Potatoes with Various Fillings V	Vegetarian Pasta & Mixed Bean Bake PB	Vegetable & Lentil Curry served with Rice PB	Spinach & Feta Whirl with Chips 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* V	Banana Slice with Custard* SS V	Pancakes with Fruit SS V	Apple & Cinnamon Crumble with Custard* SS V	Fruit, Jelly with Ice Cream* V

Daily Options

Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt

WEEK 1

Dates: 4th Nov, 25th Nov, 16th Dec, 6th Jan, 27nd Jan, 24th Feb, 17th Mar

HALAL & non HALAL MEAT IS SERVED AT THIS SCHOOL

KEY: **V** - Vegetarian **PB** - Plant Based **SS** - Sugar Smart
* - (Egg Free Dessert Recipe)

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AND DISCOVER



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WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Chicken Sausages with Mashed Potatoes	Chicken & Vegetable Pie with Mashed Potatoes	Roast Chicken served with Yorkshire Pudding & Roast Potatoes	Lamb & Vegetable Biryani & Dhal	Fish in Batter with Chips
Choice 2	Vegetable Curry with Savoury Rice PB	Mixed Bean & Sweetcorn Mayo Wrap PB	Quorn Fillet served with Yorkshire Pudding & Roast Potatoes V	Creamy Cauli Mac & Cheese & Peas V	Tandoori Chicken in Pitta with Salad
Choice 3	Jacket Potatoes with Various Fillings V	Pasta Bake with Focaccia Slice V	Southern Style Burger in a Bun with Salad PB	Golden Spanish Paella PB	Quesadilla with Chips V
Vegetable Selection	Sweetcorn Fresh Broccoli	Fresh Carrots Green Beans	Seasonal Fresh Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Baked Beans
Dessert of the Day	Strawberry Mousse with Fresh Fruit* V	Fruit Pudding & Custard* SS V	Fruit Cheesecake* V	Lemon & Courgette Cake with Custard* SS V	Fruit Trifle* V

Daily Options

Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt

WEEK 2

Dates: 11th Nov, 2nd Dec, 13th Jan, 3rd Feb, 3rd Mar, 24th Mar

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WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Lamb Burger in a Bun & Jacket Wedges	Greek Style Souvlaki Chicken with Rice	Roast Beef & Yorkshire Pudding with Roast Potatoes	Lamb Bolognese Bake With Garlic Bread	Fish Fingers with Jacket Wedges
Choice 2	Jacket Potato with Cheese & Beans V	Veggie Brunch with Hash Brown V	Ratatouille Ravioli PB	Roasted Glazed Chicken with Rice	Roast Mediterranean Vegetable Tart with Jacket Wedges PB
Choice 3	Spicy Mixed Bean Chilli & Rice PB	Vegetable Samosa served with Rice & Veg Curry PB	Vegetable 'Toad in the Hole' & Mashed Potatoes V	Chickpea & Sweet Potato Curry with Rice PB	Veggie Dippers with Jacket Wedges 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* V	Carrot Cake with Custard* SS V	Vanilla Ice Cream with Peaches V	Chocolate Sponge & Chocolate Custard* SS V	Fruit & Ice Cream* V

Daily Options

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WEEK 3

Dates: 18th Nov, 9th Dec, 20th, Jan 10th, Feb, 10th Mar, 31st Mar

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