

# Ashgrove Primary, Monthly School Vegetarian Dinner Menu 2017-2018

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>WEEK 1</b>	Vegetable Sausages, Beans, Chips, Mashed Potatoes & Tomatoes Sauce ~ Yoghurt & Fruit	Cheese Pizza, Sweetcorn, & Salad ~ Flake meal & Milkshake	Quorn (meat free chicken), Diced Cabbage, Oven Roast & Mashed Potatoes & Gravy ~ Rice pudding & fruit	Vegetable Curry, Boiled Rice, Naan Bread & Carrot Sticks ~ Canadian Tart & Custard	Fish Fingers, Peas & Mashed Potatoes ~ Chocolate flavoured sponge & custard.
<b>WEEK 2</b>	Vegetable Burger, Baked Beans, Chips, Mashed Potatoes & Tomatoes Sauce ~ Yoghurt & Fruit	<u>Buffet</u> 2 Cheese Sandwiches 1 Pizza Finger, 2 Vegetable Nuggets, Carrot sticks & Salad ~ Jam Sponge, Custard & Fruit	Quorn (meat free chicken), Carrots, Roast & Mashed Potatoes & Gravy ~ Chocolate Steamed Sponge & Custard	Vegetable Curry, Boiled Rice, Mixed Vegetables ~ Strawberry Mousse & Fruit	Salmon Nuggets ~ Biscuit, Fruit & Strawberry Milkshake
<b>WEEK 3</b>	Fish Whiting Nuggets, Peas, Chips, Mashed Potatoes & Tomato Sauce ~ Yoghurt & Fruit	Vegetable Nuggets, Beans & Mashed Potato or Salmon Cakes, Beans & Mashed Potatoes ~ Egg Sponge Flan & Custard	Quorn (meat free chicken), Carrot & Parsnip, Oven Roast & Mashed Potatoes & Gravy ~ Biscuit, Fruit & Strawberry Milkshake	Vegetable Curry, Boiled Rice, Broccoli & Naan Bread ~ Carrot Cake, Custard	Cheese & Tomato Pizza Sweetcorn & Crusty Bread ~ Rice Pudding & Fruit
<b>WEEK 4</b>	Vegetable Sausage Hot Dog, Beans, Chips, Mashed Potatoes & Tomato Sauce ~ Yoghurt & Fruit	Cheese Panini Salad & coleslaw ~ Apple Crumble & Custard	Quorn (meat free chicken), Turnip, Oven Roast & Mashed Potatoes & Gravy ~ Cracknel, Custard & Fruit	Vegetable Curry, Boiled Rice, Mixed Vegetables & Naan Bread ~ Cupcake & Fruit	Fish Fingers, Peas, Mashed Potatoes ~ Jelly, Fruit & Ice cream

**£2.60 per day**

**£13.00 per week**

**PARENTS MUST APPLY FOR FREE SCHOOL MEALS ANNUALLY**