

Fowey Primary School Spring Summer 2021 Menu

Week 1 – 8.3.21, 29.3.21, 3.5.21, 24.5.21, 21.6.21, 12.7.21

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Cheese and Tomato Pizza with Dough Balls (V)	Chicken Burger with Potato Wedges Roast chicken served in a soft bun with lettuce and mayo	Roast Chicken with Roast Potatoes and Gravy Succulent roast chicken with fluffy roasties and tasty gravy	Pasta Bolognese A classic Italian beef Bolognese in a yummy tomato sauce	Golden Fish Fingers and Chips Crispy Fish Fingers and scrummy chips
Alternative Dish	Burrito (V) A soft wrap filled with lightly spiced veggies and rice	Baked Macaroni (V) Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce	Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy (V) A chunky sweet potato and chickpea roast	Hotdog with Potato Wedges (V) Our favourite veggie hotdog served with ketchup in a soft sub roll	Quorn Nuggets and Chips (V) Crispy Quorn nuggets with their fave sauce – ketchup
Third Choice	Tomato and Basil Pasta (V) A delicious fresh, homemade tomato and basil sauce with penne pasta	Jacket Potato with Salmon Mayonnaise OR With A Choice Of 2 Fillings Cheese Beans or Tuna Mayo	Tomato and Basil Pasta (V) A delicious fresh, homemade tomato and basil sauce with penne pasta	Jacket Potato With A Choice Of Fillings Cheese Beans or Tuna Mayo	Tomato and Basil Pasta (V) A delicious fresh, homemade tomato and basil sauce with penne pasta
Vegetables	Sweetcorn	Peas	Peas	Sweetcorn	Baked Beans
Desserts	Chocolate Brownie	Raspberry Ripple Ice Cream	Banana Oat Bite	Peach and Berry Oaty Crumble* with Custard	Orange, Sultana and Carrot Slice
Fruit	Banana Or Mandarin				
Drink	Water Bottle Or Milk Carton				
Bread	Bread Available Daily				

Fowey Primary School Spring Summer 2021 Menu

Week 2 – 15.3.21, 19.4.21, 10.5.21, 7.6.21, 28.6.21, 19.7.21

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Cheese and Tomato Pizza with Dough Balls (V)	Chicken Tikka Masala with Rice Succulent chicken in a mild curry sauce	Roast Pork with Roast Potatoes and Gravy Crispy roast pork with fluffy roasties and tasty gravy	Pasta Bolognese A classic Italian beef Bolognese in a yummy tomato sauce	Southern Fried Chicken Tasters Lightly seasoned crispy chicken strips and scrummy chips
Alternative Dish	Sausage and Mash with Gravy (V) Fluffy mash with veggie sausages and rich gravy	Baked Macaroni (V) Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce	Pastry Slice with Roast Potatoes and Gravy (V) (pastry) Butternut Squash and potatoes wrapped in flaky pastry	Chilli Macaroni (V) A lightly spiced Mac N Cheese	Soft Taco and Chips (V) A soft taco shell filled with a yummy veggie tomato chilli
	Tomato and Basil Pasta (V) A delicious fresh, homemade tomato and basil sauce with penne pasta	Jacket Potato With A Choice Of 2 Fillings Cheese Beans or Tuna Mayo	Tomato and Basil Pasta (V) A delicious fresh, homemade tomato and basil sauce with penne pasta	Jacket Potato With A Choice Of 2 Fillings Cheese Beans or Tuna Mayo	Tomato and Basil Pasta (V) A delicious fresh, homemade tomato and basil sauce with penne pasta
Vegetables	Sweetcorn	Peas	Peas	Sweetcorn	Baked Beans
Desserts	Raspberry Yoghurt Cake	Peach Shortbread Pudding with Custard	Flapjack with Fruit Slices	Fruity Chocolate Brownie	Vanilla Ice Cream
Fruit	Banana Or Mandarin				
Drink	Water Bottle Or Milk Carton				
Bread	Bread Available Daily				

Fowey Primary School Spring Summer 2021 Menu

Week 3 – 22.3.21, 26.4.21, 17.5.21, 14.6.21, 5.7.21

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Quorn Bolognese (V) Penne pasta in a yummy tomato and Quorn sauce	Sausage and Mash with Gravy Traditional Pork Sausage and Mash with rich Gravy	Roast Turkey with Roast Potatoes and Gravy Moist roast turkey with fluffy roasties and tasty gravy	Pasta Bolognese A classic Italian beef Bolognese in a yummy tomato and beef sauce	Golden Fish Fingers and Chips Crispy Fish Fingers and scrummy chips
Alternative Dish	Cheese and Tomato Pizza with Dough Balls (V)	Chinese Veggie Noodles (V) Egg noodles with stir fried vegetables	Country Vegetable Pie (V) (pastry) Creamy vegetable pie with a shortcrust topper	Mild Chickpea & Potato Curry with a Rice side (V) A tasty chick pea and potato masala	Beany Burger with Chips (V) A delicious homemade beany burger
	Tomato and Basil Pasta (V) A delicious fresh, homemade tomato and basil sauce with penne pasta	Jacket Potato With A Choice Of 2 Fillings Cheese Beans or Tuna Mayo	Tomato and Basil Pasta (V) A delicious fresh, homemade tomato and basil sauce with penne pasta	Jacket Potato With A Choice Of 2 Fillings Cheese Beans or Tuna Mayo	Tomato and Basil Pasta (V) A delicious fresh, homemade tomato and basil sauce with penne pasta
Vegetables	Sweetcorn	Peas	Peas	Sweetcorn	Baked Beans
Desserts	Creamy Peach Rice Pudding	Apple and Carrot Yoghurt Muffin	Strawberry Ice Cream	Chocolate Sponge Cake	Oaty Cookie with Fruit Slices
Fruit	Banana Or Mandarin				
Drink	Water Bottle Or Milk Carton				
Bread	Bread Available Daily				