Gateshead Council

WEEKLY MENU

2019-20

HARLOW GREEN PRIMARY SCHOOL

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1ST CHOICE	Pizza margherita, hand cut potato wedges & mixed salad	Roasted chicken breast, Yorkshire pudding, mashed potatoes, gravy & vegetable medley	Pork casserole, half a jacket potato, savoy cabbage & carrots	Chicken curry, rice & mini naan bread	Omega 3 Fish fingers with chips & peas
2ND CHOICE		Quorn fillet, Yorkshire pudding, mashed potatoes, gravy & vegetable medley	Vegetable casserole, half a jacket potato, savoy cabbage & carrots	Vegetarian Curry, rice & mini naan bread	Veggie Fingers with chips & peas
BAKED POTATO	Freshly baked jacket potato with choice of fillings				
DESSERT	Strawberry smoothie	Chocolate & raspberry brownie cookie	Pineapple & coconut upside down cake with custard	Pear & apple turnover	Jelly & fruit

WEEK: 1

02/09/2019, 23/09/2019, 14/10/2019, 11/11/2019, 02/12/2019, 06/01/2020, 27/01/2020, 24/02/2020, 16/03/2020, 20/04/2020, 11/05/2020, 08/06/2020, 29/06/2020, 20/07/2020

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1ST CHOICE	Pork meatballs in tomato sauce with pasta, peas, carrots	Minced beef & dumpling steamed new potatoes & vegetable medley	Roast turkey with Yorkshire pudding, gravy, mashed potatoes & vegetables	Beef burger sourced from local butcher in a wholemeal bun, hand cut potato wedges, tomato & iceberg salad or vegetable medley	Crispy battered salmon fillet or Battered cod fillet or Omega 3 fish fingers with chips & peas
2ND CHOICE	Vegetable pasta bake with peas, carrots	Quorn mince & dumpling steamed new potatoes & vegetable medley	Penne pasta marinara bake with broccoli & garlic bread	Homemade quiche hand cut potato wedges, tomato & iceberg salad or vegetable medley	
BAKED POTATO	Freshly baked jacket potato with choice of fillings				
DESSERT	Oat & raisin cookie	Cornflake cups	Waffles with stewed fruit	Apple toffee cake	Chocolate ice cream & fruit

WEEK: 2

09/09/2019, 30/09/2019, 28/10/2019, 18/11/2019, 09/12/2019, 13/01/2020, 03/02/2020, 02/03/2020, 23/03/2020, 27/04/2020, 18/05/2020, 15/06/2020, 06/07/2020

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1ST CHOICE	Sweet chilli chicken fajita wrap, steamed rainbow rice & sweetcorn	Sausage & mash with onion gravy & seasonal vegetables	Beef Bolognese with wholemeal penne pasta, mixed vegetables & handmade garlic doughball	Chicken tikka & mozzarella topped naan bread melt, rainbow rice, sweetcorn & cucumber salad	Battered cod fillet, chips & peas
2ND CHOICE	Sweet chilli Quorn fajita wrap, steamed rainbow rice & sweetcorn	Quorn sausage & mash with onion gravy & seasonal vegetables	Chunky vegetable Bolognese with wholemeal penne pasta, mixed vegetables & handmade garlic doughball	Quorn tikka & mozzarella topped naan bread melt, rainbow rice, sweetcorn & cucumber salad	Veggie finger, chips & peas
BAKED POTATO	Freshly baked jacket potato with choice of fillings				
DESSERT	Banana & cinnamon muffin	Shortbread biscuit	Strawberry & lemon drizzle cake	Layered pear & chocolate mousse	Fruity Friday: selection of fresh whole fruits or mixed fruit salad

WEEK: 3

16/09/2019, 07/10/2019, 04/11/2019, 25/11/2019, 16/12/2019, 20/01/2020, 10/02/2020, 09/03/2020, 30/03/2020, 04/05/2020, 01/06/2020, 22/06/2020, 13/07/2020

ADDITIONAL DESSERTS

Options available daily to choose from: raisins, fruit salads, fresh fruits, yoghurt's, cheese & crackers

SALAD BAR

Your child's 5 a day top up station! Freshly prepared salad bar items such as cucumber sticks, mixed peppers sticks, tomatoes, sweetcorn, lettuce, beetroot, potato or pasta salads, hummus, cous cous, etc. (minimum 5 items available daily)

HOW TO CONTACT US:

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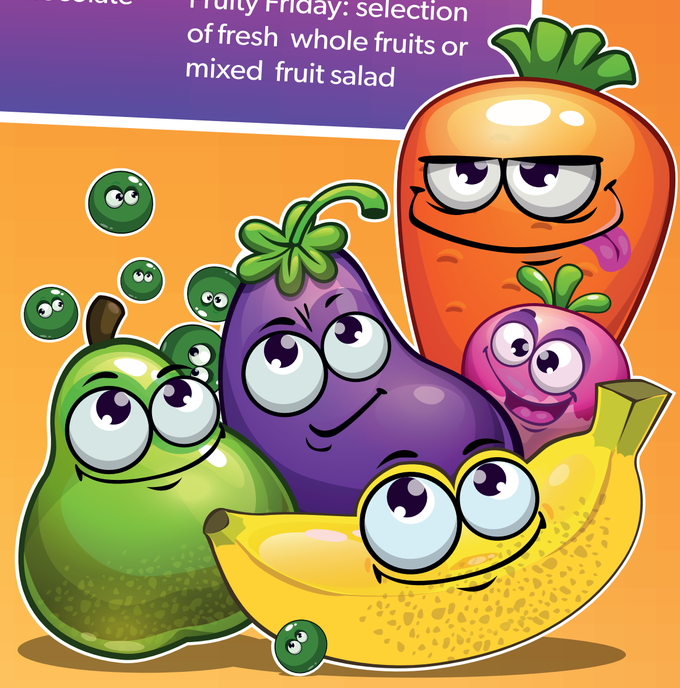
GATESHEAD SCHOOL CATERING