

Harlow Green Community Primary School Catering Menu – 2021/2022

WC: 06/09, 27/09, 18/10, 15/11, 06/12, 10/01, 31/01, 28/02, 21/03, 25/04, 16/05, 13/06, 04/07,

Menu Week 1	Meat-free Monday	Tuesday	Wednesday	Thursday	Friday
Meat option	Wholemeal pizza margherita with hand-cut potato wedges and mixed salad or baked beans	Roast Chicken with Yorkshire pudding, gravy, roast potatoes and vegetable medley	Minced beef pie with steamed new potatoes and mixed vegetables	Mild chicken tikka masala with steamed rice and mini naan bread (Red Tractor)	Omega-3 Fish fingers with handmade bun, seasoned surf fries and beans or peas (MSC)
Vegetarian option		Quorn fillet with Yorkshire pudding, gravy, roast potatoes and vegetable medley	Quorn beef pie with steamed new potatoes and mixed vegetables	Mild vegetable tikka masala with steamed rice and mini naan bread	Vegetable fingers with handmade bun, seasoned surf fries and beans or peas
Jacket Potatoes served with Mixed Salad and sandwiches	Freshly baked golden jacket potato or sandwiches with a choice of filling: ham, cheese or tuna.				
Dessert (choice of 3 options)	Sticky toffee pudding Yoghurt Whole or fresh fruit portion	Chocolate mousse Eton mess with strawberry sauce Cheese & crackers Whole or fresh fruit portion	Jelly & fruit salad Cheese & crackers Whole or fresh fruit portion	Oaty biscuit Yoghurt Whole or fresh fruit portion	Iced fruit smoothie with fruit salad Yoghurt Whole or fresh fruit portion

WC: 13/09, 04/10, 01/11, 22/11, 13/12, 17/01, 07/02, 07/03, 28/03, 02/05, 23/05, 20/06, 11/07

Menu Week 2	Meat-free Monday	Tuesday	Wednesday	Thursday	Friday
Meat option	Cheese & tomato pizza slice with pasta and mixed salad or baked beans	Locally produced sausage with mashed potatoes, gravy and seasonal vegetables (Red Tractor)	Roast Pork with Yorkshire pudding, gravy, roast potatoes, crushed carrots & swede and green beans	Locally produced chicken burger in a homemade bun with hand-cut potato wedges, garlic sauce and served with salad	Fish and chips with beans or peas (MSC)
Vegetarian option		Quorn sausage with mashed potatoes, gravy and seasonal vegetables	Quorn fillet with Yorkshire pudding, gravy, roast potatoes, crushed carrots & swede and green beans	Veggie burger in a homemade bun with hand-cut potato wedges, garlic sauce and served with salad	Veggie fingers and chips with beans or peas
Jacket Potatoes served with Mixed Salad and sandwiches	Freshly baked golden jacket potato or sandwiches with a choice of filling: ham, cheese or tuna.				
Dessert (choice of 3 options)	Apple & cinnamon crumble with custard Yoghurt Whole or fresh fruit portion	Flapjack Cheese & crackers Whole or fresh fruit portion	Vanilla ice cream & fruit Cheese & crackers Whole or fresh fruit portion	Baked doughnut Yoghurt Whole or fresh fruit portion	Homemade biscuit Yoghurt Whole or fresh fruit portion

WC: 20/09, 11/10, 08/11, 29/11, 20/12, 24/01, 14/02, 14/03, 04/04, 09/05, 06/06, 27/06

Menu Week 3	Meat-free Monday	Tuesday	Wednesday	Thursday	Friday
Meat option	Tomato & mozzarella topped flat bread pizza with garlic & herb oven-baked potatoes, coleslaw and sweetcorn	Minced beef in gravy, Yorkshire pudding, mashed potatoes and vegetables (Red Tractor)	BBQ chicken mini baguette melt with paprika seasoned oven-baked potatoes wand cucumber & tomato salad	Locally sourced beef meatballs in marinara sauce with penne pasta and garlic bread	Omega 3 fish fingers with chunky chips and peas or beans
Vegetarian option		Minced quorn in gravy, Yorkshire pudding, mashed potatoes and vegetables	BBQ vegetables in mini baguette melt with paprika seasoned oven-baked potatoes wand cucumber & tomato salad	Penne pasta in marinara sauce with cheese and garlic bread	Veggie fingers with mushy peas or baked beans
Jacket Potatoes served with Mixed Salad and sandwiches	Freshly baked golden jacket potato or sandwiches with a choice of filling: ham, cheese or tuna.				
Dessert (choice of 3 options)	Chocolate & pear cake with chocolate custard Yoghurt Whole or fresh fruit portion	Shortbread biscuit Yoghurt Whole or fresh fruit portion	Fruity tray bake Cheese & crackers Whole or fresh fruit portion	Strawberry mousse with homemade granola sprinkle Cheese & crackers Whole or fresh fruit portion	Rainbow fruit sundae with crunchy biscuit sprinkle Yoghurt Whole or fresh fruit portion