

Harlow Green Community Primary School Catering Menu – 2022/2023

WC: 05/09/22, 26/09/22, 17/10/22, 14/11/22, 05/12/22, 09/01/23, 30/01/23, 27/02/23, 20/03/23, 24/04/23, 15/05/23, 12/06/23, 03/07/23

Menu Week 1	Meat free Monday	Tuesday	Wednesday	Thursday	Friday
Meat based option	Hand Finished tomato and mozzarella pizza with potato dumplings in tomato and vegetable sauce and mixed salad	Pork sausages, creamy mashed potatoes, mixed vegetables and gravy	Roast chicken, Yorkshire pudding, roasted potatoes broccoli and steamed carrots	Beef Bolognese, pasta and garlic bread and mixed salad	Omega 3 fish fingers, potato twists and peas
Vegetarian		Quorn sausage, creamy mashed potatoes, mixed vegetables and gravy	Cheese & potato puff pastry parcel, Yorkshire pudding, roasted potatoes broccoli and steamed carrots	Tomato pasta and garlic bread and mixed salad	Homemade vegetable & potato fingers, potato twists and peas
Jacket Potato served with mixed salad	A choice of Cheddar cheese, Tuna Mayo or Baked Beans daily				
Dessert	Fruity cake with vanilla custard Whole fruit or prepared fruit salad Yogurt	Ginger biscuit snap Whole fruit or prepared fruit salad Cheese and crackers	Lemon drizzle muffin Whole or prepared fruit salad Yogurt	Ice cream and fruit salad Whole or prepared fruit salad Cheese and crackers	Strawberry tray bake Whole or prepared fruit salad Yogurt

WC: 12/09/22, 03/10/22, 31/10/22, 21/11/22, 12/12/22, 16/01/23, 06/02/22, 06/03/22, 27/03/22, 01/05/22, 22/05/22, 19/06/23, 10/07/23

Menu Week 2	Meat free Monday	Tuesday	Wednesday	Thursday	Friday
Meat based option	Pasta twists in Italian tomato sauce, garlic bread and mixed salad	Beef burger in a bun, seasoned wedges and salad	Roast pork, stuffing, roast potatoes, steamed cabbage and carrots	Katsu marinated tender chicken pieces in creamy coconut curry, steamed rice, mini naan bread and mixed vegetables	Battered fish fillet, chips and peas
Vegetarian		Handmade veggie burger in a bun, seasoned wedges and salad	Quorn fillet, stuffing, roast potatoes, steamed cabbage and carrots	Creamy Katsu vegetable curry with steamed rice, mini naan and mixed vegetables	Free range omelette, chips and peas
Jacket Potato served with mixed salad	A choice of Cheddar cheese, Tuna Mayo or Baked Beans daily				
Dessert	Sticky toffee and apple cake with custard Whole fruit or prepared fruit salad Yogurt	Fruit smoothie Whole fruit or prepared fruit salad Cheese and crackers	Shortbread biscuit Whole fruit or prepared fruit salad Yogurt	Carrots and orange muffin Whole fruit or prepared fruit salad Cheese and crackers	Peach and jam puff pastry Whole fruit or prepared fruit salad Yogurt

WC: 19/09/22, 10/10/22, 7/11/22, 28/11/22, 19/12/22, 23/01/23, 13/02/23, 13/03/23, 17/04/23, 08/05/23, 05/06/23, 26/06/23, 17/07/23

Menu Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Meat based option	Hand finished vegetable pizza with hand cut potato wedges	Handmade sausage roll, gravy, garlic and herb scented new potatoes	Beef mince and dumplings, steamed new potatoes and mixed vegetables	Sweet chilli chicken wrap, salad, Mexican rice and garlic mayo.	Fish cake, hand cut potato wedges, baked beans and mixed salad
Vegetarian		Handmade cheese & potato roll, gravy, garlic and herb scented new potatoes	Savoury vegetable & lentils and dumplings, steamed new potatoes and mixed vegetables	Sweet chilli quorn strips in a wrap, salad, Mexican rice and garlic mayo	Cheese, vegetable & potato cakes, wedges, baked beans and mixed salad
Jacket Potato served with mixed salad	A choice of Cheddar cheese, Tuna Mayo or Baked Beans daily				
Dessert	Pineapple upside down cake with custard Whole fruit or prepared fruit salad Yogurt	Mini pavlova cloud topped with chocolate mousse and fruits Whole fruit or prepared fruit salad Cheese and crackers	Jelly and fruit salad Whole fruit or prepared fruit salad Yogurt	Brownie traybake Whole fruit or prepared fruit salad Cheese and crackers	'Fruity Friday' – selection of whole fruit and fruit salad Cheese and crackers Yogurt

