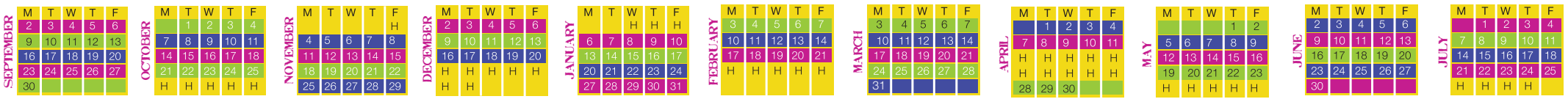
FLINTSHIRE PRIMARY SCHOOL'S MENU 2013-14

	WEEK ONE	WEEK TWO	WEEK THREE
MONDAY	Chicago Town Cheese & Tomato Pizza Or Ham & Mushroom Pasta salad bar • coleslaw • potato wedges **Fruit Sponge & Custard**	Pasta Bolognaise & Garlic Bread Or Vegetable Chow Mein peas & sweetcorn **Fruit Crisp & Custard**	Birds Eye Fish Fingers Or Macaroni Cheese peas & sweetcorn • creamed potatoes **Chocolate Orange Sponge & Chocolate Sauce**
TUESDAY	Lamb & Vegetable Pie Or Pork Meatballs in a homemade tomato sauce with pasta broccoli • diced potatoes **Chocolate Cornflake Cake**	Chilli Con Carni & Rice Or Oven Baked Sausage baked beans • creamed potato **Fruit Jelly & Ice Cream**	Chicken Curry & Rice Or Quiche salad bar jacket potato/naan bread **Frozen Yoghurt & Fruit Wedges**
WEDNESDAY	Roast Turkey & Stuffing Or Quorn Savoury Rice baton carrots • green beans creamed & roast potatoes **Apple Twirls**	Roast Gammon & Pineapple Or Fish Pie baton carrots & broccoli roast & creamed potatoes **Rice Pudding & Fruit Puree**	Roast Beef & Yorkshire Pudding Or Soup Of The Day with a filled roll or wrap cauliflower & baton carrots creamed & roast potatoes
THURSDAY	Homemade Cottage Pie Or Chicken & Bacon in a wholemeal pitta bread garden peas • salad bar **Sticky Toffee Pudding & Custard**	Theme Day	Big Brunch (sausage, bacon, egg) Or Homemade Lasagne baked beans • salad bar wedge of homemade bread **Oaty Apple Crumble & Custard**
FRIDAY	Salt & Vinegar Fish Goujons Or Vegetable Fajitas vegetable fingers • chips **Oatie Cookies**	Beef Burger Or Quorn Burger in a bun Or French Bread Pizza vegetable fingers • chips **Muffins**	Chicken Or Vegetable Nuggets Or Tuna & Cheese Panini vegetable fingers • chips **Shortbread Biscuit**

AVAILABLE DAILY – PACKED LUNCHES OR FILLED JACKET POTATOES, WATER, MILK & FRUITJUICE.

Vegetarian · Home made · Welsh · Welsh Beef · Red Tractor Assurance · Birds Eye