



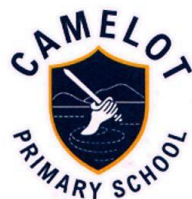
Camelot Primary School Lunch Menu – Week 1

Key - Halal H / Free Range FR / Red Tractor RT / Wholegrain W / MSC Certified M

	Choice of main dishes	Sides available and Dessert
Monday	Homemade haddock and salmon pie M Egg noodles with sweet and sour vegetables Jacket potatoes filled with tuna, sweetcorn or cheese	Red cabbage and runner beans <i>Plain yoghurt and sweet dates</i>
Tuesday	Sizzling lamb tacos with traditional toppings H RT Vegetable medley with cous cous Mixed vegetables and tomato pasta	Garden broccoli and cauliflower <i>Autumn fruit salad with vanilla sauce</i>
Wednesday	Beef meatballs with spaghetti H RT Bean and mushroom stroganoff with spaghetti Tuna, tomato and vegetable pasta	British farmed peas and carrots <i>Seasonal fruit salad</i>
Thursday	Roast chicken with roasted potatoes and gravy H RT Omelette popovers with roast potatoes Vegetable quiche and feta salad	Organic root vegetables <i>Homemade Mandarin jelly</i>
Friday	Chickpea and vegetable biryani with rice Assorted nan breads Slow-cooked Jacket potatoes filled with baked beans and cheese	Mixed seasonal vegetables <i>Eve's pudding and custard</i>

The following is available daily – wholemeal, white and pitta bread / water and milk

A selection of salads including Greek salad, avocado salad, asparagus salad and prawn cocktail salad



Camelot Primary School Lunch Menu – Week 2

Key - Halal H / Free Range FR / Red Tractor / Wholegrain W / MSC Certified M

	Choice of main dishes	Sides available and Dessert
Monday	Lamb Goulash with brown rice RT Tomato and red lentil lasagne Slow-cooked jacket potatoes filled with tuna, sweetcorn or cheese	Mixed seasonal vegetables <i>Banana and cinnamon rice pudding</i>
Tuesday	Greek-style baked cod with potato wedges M Lentil, potato and spinach Thai curry Mixed vegetable and tomato pasta	Garden broccoli and cauliflower <i>Seasonal fruit salad and yoghurt</i>
Wednesday	Sweet and sour tofu stir fry with noodles Crisp jacket potatoes with cheddar cheese and beans Tuna, tomato and vegetable pasta	Sweetcorn and peas <i>Shortbread and satsuma segments</i>
Thursday	Finest British Beef lasagne H RT Tomato and red lentil lasagne Garlic bread	Organic roast carrots <i>Baked apple with cinnamon</i>
Friday	Italian lamb meatball polpettone with basmati rice H RT Slow-cooked jacket potatoes filled with baked beans and cheese	Peas and low-sugar baked beans <i>Semolina with raisins</i>

The following is available daily – wholemeal, white and pitta bread / water and milk
A selection of salads including Greek salad, avocado salad, asparagus salad and prawn cocktail salad



Camelot Primary School Lunch Menu – Week 3

Key - Halal H / Free Range FR / Red Tractor RT / Wholegrain W / MSC Certified M

	Choice of main dishes	Sides available and Dessert
Monday	Creamy Chicken Korma with brown rice H RT Red lentil and sweet potato Balti with brown rice Assorted Nan breads	Steamed broccoli Chunky cauliflower <i>Apple and rhubarb crumble and custard</i>
Tuesday	Salmon ratatouille with white pasta M Mixed bean and root vegetable fried rice Tuna, tomato and vegetable pasta	Garden peas and sweetcorn <i>Low fat fruit yoghurt</i> <i>Fresh fruit</i>
Wednesday	Grilled chicken with Jollof rice H RT Vegetarian hotpot with rice Pitta bread with falafel and humus	Root vegetables <i>Banana pancakes and fruits</i>
Thursday	Mixed bean and root vegetable stew H RT Herb cous cous Tomato and vegetable pasta	Organic roast carrots Green beans <i>Semolina with blackberry compot</i>
Friday	Lamb moussaka with garlic bread and mixed salad Veggie sausage pasta bake Tuna, tomato and vegetable pasta	Garden peas <i>Carrot cake and fruits</i>

The following is available daily – wholemeal, white and pitta bread / water and milk
A selection of salads including Greek salad, avocado salad, asparagus salad and prawn cocktail salad