



YOUR MENU @

**SOUTHERN ROAD
PRIMARY SCHOOL**

----- Autumn - Winter 2023/24 -----

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	Sweet Chilli Meatballs with Pasta	Fish Biryani	Roast Chicken & Stuffing served with Roast Potatoes	Shepherd's Pie	Fish Fingers with Chips
Vegetarian Choice	Vegetarian Pasta & Mixed Bean Bake PB	Cheese & Tomato Pizza V	Cheese & Leek Flan served with Roast Potatoes V ND	Vegetable & Lentil Curry served with Rice PB	Veggie Dippers with Chips PB
Vegetable Selection	Sweetcorn Fresh Broccoli	Green Beans Fresh Carrots	Seasonal Fresh Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Baked Beans
Dessert of the Day	Frozen Yoghurt with Fruit	ND Banana Slice SS (egg free)	Cinnamon Rice Pudding SS	Apple Crumble with Custard SS	Fruit & Jelly with Ice Cream

Daily Options

Jacket Potato / Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt

WEEK 1

30 OCT, 20 NOV, 11 DEC, 1 JAN, 22 JAN, 19 FEB, 11 MAR

MEAT SERVED AT THIS SCHOOL IS HALAL

Eat for Free Scheme funded by



KEY: V - Vegetarian PB - Plant Based SS - Sugar Smart
ND - New Dish FGR - In association with Forest Green Rovers

DINEin
AND DISCOVER



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WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	Chicken Sausages with Mashed Potatoes	Lamb Vegetable & Jollof Rice	Roast Chicken & Yorkshire Pudding with Roast Potatoes	Greek Style Souvlaki Chicken with Rice	Fish Fingers with Jacket Wedges
Vegetarian Choice	Thai Style Veggie Rice Bowl PB	Sweet Potato Macaroni Cheese V	Spinach & Feta Whirl served with Roast Potatoes V	Ratatouille Ravioli PB	Vegetarian Burrito Jacket Wedges V
Vegetable Selection	Sweetcorn Fresh Broccoli	Fresh Carrots Green Beans	Seasonal Fresh Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Baked Beans
Dessert of the Day	Raspberry Ice Cream Sponge Roll	ND Fruit Pudding & Custard (egg free) SS	Pineapple Cheesecake SS	Lemon & Courgette Cake with Custard SS	Waffles with Fruit & Ice Cream

Daily Options

Jacket Potato / Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt

WEEK 2

6 NOV, 27 NOV, 18 DEC, 8 JAN, 29 JAN, 26 FEB, 18 MAR

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WEEK 3

Monday

Tuesday

Wednesday

Thursday

Friday

Main Choice

**Chicken Burger
in a Bun
with Salad &
Jacket Wedges**

**Spaghetti Bolognese
with Garlic Bread**

**Roast Chicken
served with
Yorkshire Pudding
& Roast Potatoes**

**Lamb Tikka
with Rice**

**Fish Fingers
served with Baked
Jacket Wedges**

Vegetarian Choice

**Veggie Keema
served with
Raita & Naan Bread**

**Jacket Potato
with
Cheese & Beans**

**Sweet Pepper
& Feta Frittata
with
Roast Potatoes**

**Veggie & Lentil
Pasta Bake**

**Vegetable Samosa
with
Baked Jacket Wedges**

Vegetable Selection

**Sweetcorn
Fresh Broccoli**

**Green Beans
Fresh Carrots**

**Seasonal Fresh
Vegetables**

**Mixed Vegetables
Sweetcorn**

**Garden Peas
Baked Beans**

Dessert of the Day

**Frozen Yoghurt
with Fruit**

Carrot Cake

(egg free)

Fruit Smoothie

**Chocolate Sponge &
Chocolate Custard**

**Strawberry Mousse
with
Fresh Fruit**

Daily Options

Jacket Potato / Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt

WEEK 3

13 NOV 4 DEC 15 JAN 5 FEB 4 MAR 25 MAR

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Newham London



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