



Quality Standards

Primary Menu Autumn/Winter 2024

Aimed for pupils 7 years of age

All food weights refer to food that has been prepared/cooked

Beef Pasta Bolognese



Beef Bolognese – 70g

Pasta – 100g

Mixed Vegetables – 80g

Macaroni Cheese



Macaroni Cheese – 130g

Mixed Vegetables – 80g

Pizza with Garlic Bread



Pizza – 70g
Garlic Bread – 30g (1 Slice)
Mixed Vegetables – 80g

Roast with Roast Potatoes & Gravy



Roast Potatoes – 80g

Roast Gammon/Chicken/Turkey – 50g

Gravy – 25g

Mixed Vegetables – 80g

Shepherdess Pie



Shepherdess Pie - 100g
Garlic Bread - 30g (1 Slice)

Mixed Vegetables - 80g

Panini



Panini – 80g (*1/2 panini*)

Mixed Vegetables – 80g

Fish Fingers with Chips & Tomato Sauce



	Key Stage 1	Key Stage 2
Fish Fingers	2	3

Chips – 60g

Tomato Sauce - 15g

Peas – 40g

Baked Beans – 40

Vegan Sausage, Chips & Tomato Sauce



	Key Stage 1	Key Stage 2
Vegan Sausage	1	2

Chips- 60g
Tomato Sauce - 15g

Peas - 40g
Baked Beans - 40g

Sausage, Mashed Potatoes & Gravy



	Key Stage 1	Key Stage 2
Pork chipolatas 16's	2 sausages	3 sausages
Halal chicken sausage 8's	1 sausage	2 sausages
Quorn Sausage	1 sausage	2 sausages
Mashed potato - 150g		
Gravy - 25g		
Mixed Vegetables - 80g		

Vegetable Potato Topped Pie with Gravy



Pie - 180g
Gravy - 25g

Carrots - 40g
Broccoli - 40g

Curry with Rice



Curry - 100g

Rice - 110g

Mixed Vegetables - 80g

Vegetable Chilli with Chips



Chilli – 70g

Chips – 60g

Peas – 40g

Baked Beans – 40g

Burgers with Corn on the Cob



	Patty	Bun
Beef Burger	1	1
Vegetable Burger	1	1
Lamb Burger	1	1
Chicken Burger	1	1

Corn on the Cob - 1 Cobette
Mixed Vegetables - 80g

Vegan Sausage, Diced Roast Potatoes & Gravy



	Key Stage 1	Key Stage 2
Vegan Sausage	1	2

Roast Potatoes - 80g

Gravy - 25g

Mixed Vegetables - 80g

Lasagne with Garlic Bread



Lasagne - 100g

Garlic Bread - 30g (1 Slice)

Mixed Vegetables - 80g

Vegan Nuggets & Chips



	Key Stage 1	Key Stage 2
Vegan Nuggets	2	3

Chips – 60g

Tomato Sauce – 15g

Peas – 40g

Baked Beans – 40g

Jacket Potatoes with Fillings



	Potato	Toppings
Jacket Potato with Cheese	1	30g
Jacket Potato with Tuna/ Salmon Mayonnaise	1	75g
Jacket Potato with Baked Beans	1	50g

Mixed Vegetables - 80g

Sandwiches



	Bread	Filling
Cheese Sandwich	2 Slices	30g
Ham Sandwich	2 Slices	40g
Tuna Sandwich	2 Slices	60g
Chicken Sandwich	2 Slices	40g
Turkey Sandwich	2 Slices	40g
Egg Sandwich	2 Slices	60g
Mixed Vegetables - 80g		

Tomato Pasta



Pasta - 120g

Pasta Sauce - 40g

Mixed Vegetables - 80g

Fruit Jelly



Fruit Jelly – 100g

All Cookies



Cookie – 30g

Apple Flapjack



Apple Flapjack – 30g

All Cakes



Cake – 50g

