



LAPAL PRIMARY SCHOOL LUNCH MENU

SEPTEMBER 2022 TO APRIL 2023

WEEK 1

5TH SEPT, 26TH SEPT, 17TH OCT, 31ST OCT, 21ST NOV, 12TH DEC, 2ND JAN, 23RD JAN, 13TH FEB, 27TH FEB, 20TH MAR

WEEK 2

12TH SEPT, 3RD OCT, 7TH NOV, 28TH NOV, 9TH JAN, 30TH JAN, 6TH MAR, 27TH MAR

WEEK 3

19TH SEPT, 10TH OCT, 14TH NOV, 5TH DEC, 16TH JAN, 6TH FEB, 13TH MAR

MONDAY

Tuna Pasta Bake
v - Veggie Sausage Roll
Battered Fish
Creamed Potatoes & Sweetcorn
Jacket Potato Or Sandwich Served with a Variety of Fillings
Fruity Flapjack & Custard
Salad Selection, Fresh Bread, Fresh Fruit, Yoghurt, Cheese & Biscuits, Fruit Jelly

TUESDAY

BBQ Chicken Wrap
Veggie Fish Finger
Fish Finger
Potato Wedges, Carrots & Peas
Jacket Potato Or Sandwich Served with a Variety of Fillings
Lemon Drizzle Cake & Custard
Salad Selection, Fresh White and Wholemeal Bread, Fresh Fruit, Yoghurt, Cheese & Biscuits, Fruit Jelly

WEDNESDAY

Traditional Roast Chicken
Quorn Chicken Fillet
Fish Goujons
Roast & Boiled Potatoes, Peas/Carrots & Green Beans
Jacket Potato Or Sandwich Served with a Variety of Fillings
Chocolate Surprise Cake & Chocolate Sauce
Salad Selection, Fresh Bread, Fresh Fruit, Yoghurt, Cheese & Biscuits, Fruit Jelly

THURSDAY

Chicken Curry Rice & Naan Bread
Crispy Quorn Nuggets
Fish Bites
Saute Potatoes, Broccoli and Carrots
Jacket Potato Or Sandwich Served with a Variety of Fillings
Apple Crumble & Custard
Salad Selection, Fresh Bread, Fresh fruit, Yoghurt, Cheese & Biscuits, Fruit Jelly

FRIDAY

Fish Cake
Cheese & Tomato Pizza
Chipped Potatoes, Baked Beans & Sweetcorn
Jacket Potato Or Sandwich Served with a Variety of Fillings
Orange Iced Sponge
Salad Selection, Fresh Bread, Fresh Fruit, Yoghurt, Cheese & Biscuits, Fruit Jelly

Cheese & Tomato Pinwheel
Battered Fish
Herby Diced Potatoes, Spaghetti Hoops in Tomato Sauce/Mixed Vegetables
Jacket Potato Or Sandwich Served with a Variety of Fillings
Fruit Cheesecake
Salad Selection, Fresh White/ Wholemeal Bread, Fresh Fruit, Yoghurt, Cheese & Biscuits, Fruit Jelly

Spaghetti Bolognese & Garlic Bread
Vegetable Fingers
Fish Finger
Creamed Potatoes, Sweetcorn & Peas
Jacket Potato Or Sandwich Served with a Variety of Fillings
Chocolate Crunch & Mint Custard
Salad Selection, Fresh Bread, Fresh Fruit, Yoghurt, Cheese & Biscuits, Fruit Jelly

Traditional Roast Chicken
Vegetarian Meatballs with Pasta in Tomato Sauce
Fish Goujons
Roast & Boiled Potatoes, Broccoli & Mixed Veg
Jacket Potato Or Sandwich Served with a Variety of Fillings
Apple Shortbread & Custard
Salad Selection, Fresh Bread, Fresh Fruit, Yoghurt, Cheese & Biscuits, Fruit Jelly

Mediterranean Chicken Wrap
Cheese & Potato Pie
Fish Bites
Potato Wedges, Baked Beans, Sweetcorn & Coleslaw
Jacket Potato Or Sandwich Served with a Variety of Fillings
Pineapple Upside Down Cake & Custard
Salad Selection, Fresh Bread, Fresh Fruit, Yoghurt, Cheese & Biscuits, Fruit Jelly

Hot Dog In A Roll
Cheese & Tomato Pizza
Battered Fish
Chipped Potatoes, Baked Beans & Peas
Jacket Potato Or Sandwich Served with a Variety of Fillings
Strawberry Mousse
Salad Selection, Fresh Bread, Fresh Fruit, Yoghurt, Cheese & Biscuits, Fruit Jelly

Fish Fingers
Quorn & Sweet Potato Curry & Naan Bread
Potato Wedges, Boiled Rice, Sweetcorn / Peas
Jacket Potato Or Sandwich Served with a Variety of Fillings
Carrot Cake & Custard
Salad Selection, Fresh Bread, Fresh Fruit, Yoghurt, Cheese & Biscuits, Fruit Jelly

Homemade Meat & Vegetable Pie
Mac & Cheese
Fish Fingers
Creamed Potatoes, Broccoli & Mixed Vegetables
Jacket Potato Or Sandwich Served with a Variety of Fillings
Sticky Toffee Pudding & Custard
Salad Selection, Fresh Bread, Fresh Fruit, Yoghurt, Cheese & Biscuits, Fruit Jelly

Traditional Roast Chicken & Seasoning
Quorn Fillet
Fish Goujons
Baby Boiled Potatoes, Carrots, Peas
Jacket Potato Or Sandwich Served with a Variety of Fillings
Apple Sponge & Custard
Salad Selection, Fresh White and Wholemeal Bread, Fresh Fruit, Yoghurt, Cheese & Biscuits, Fruit Jelly

All Day Brunch
Tomato Pasta Bake
Fish Bites
Hash Brown Potatoes, Baked Beans & Country Veg
Jacket Potato Or Sandwich Served with a Variety of Fillings
Chocolate Cracknel
Salad Selection, Fresh Bread, Fresh Fruit, Yoghurt, Cheese & Biscuits, Fruit Jelly

Salmon Bites
Cheese & Tomato Pizza
Chipped Potatoes, Spaghetti Hoops & Sweetcorn
Jacket Potato Or Sandwich Served with a Variety of Fillings
Fruit & Ice cream
Salad Selection, Fresh Bread, Fresh Fruit, Yoghurt, Cheese & Biscuits, Fruit Jelly

There is to be no deviation from this menu, as these are fully nutritionally analysed and allergen information linked to our parent portal. clscatering.mysaffronportal.com