



# al-noor

PRIMARY SCHOOL

## Week 1 MENU

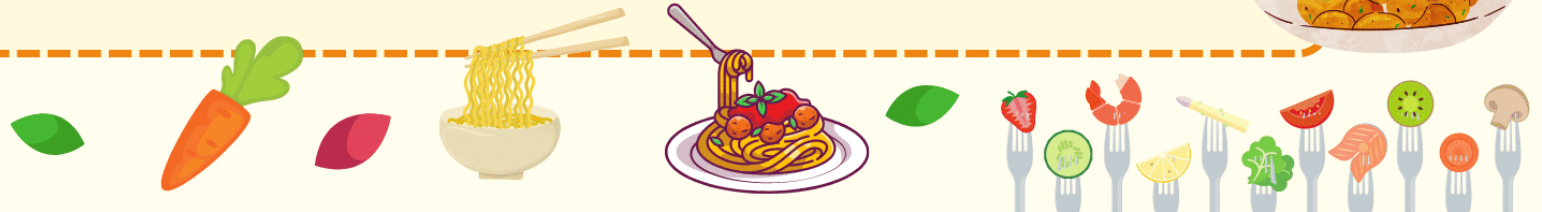
**Date: 6<sup>th</sup> - 8<sup>th</sup> September 2023**


	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meat meal	Jerk Chicken	Cottage Pie	Season Roast Chicken Leg	Lamb Biryani	Battered Fish Fillet
Main Vegetarian Meal	Lentil & Vegetable curry	Swedish style no meat balls	Vegetable Nuggets	Cauliflower & Potato Curry	Macaroni Cheese
Sides	Rice & Peas Sweetcorn Broccoli	Mash Beans Carrots	Roast Potatoes Green Beans Cauliflower	Rice Mix Vegetables	Chips Peas
Dessert	Bread & Butter Pudding Custard	Fruit Jelly	Apple Pie Custard	Yoghurt	Rhubarb Crumble Custard

*There will be also daily provision of salads, fruits, jacket potatoes & bread (using wholegrains across our menu) + water*



**All Season  
FOODS**





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## Week 2 MENU

**Date: 11<sup>th</sup> - 15<sup>th</sup> September 2023**

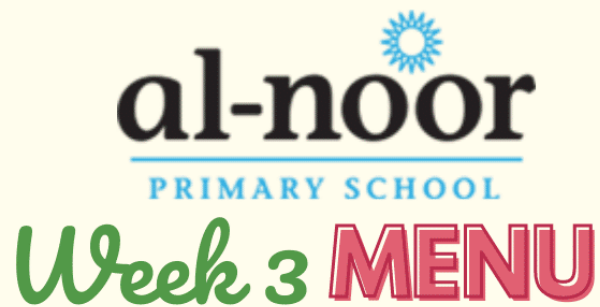
	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meat meal	Peri Peri Chicken Drumstick	Penni Pasta Beef Bolognaise	Grilled Chicken Burger in Bun	Tandoori Chicken Drumstick	Giant Fish Fingers
Main Vegetarian Meal	Tomato & Basil Pasta Bake	Cheese & Onion Pie	Roasted Red Pepper & Tomato Quiche	Four Cheese Ravioli	Meat Free Sausage Roll
Sides	Savoury Rice Baby Carrot Cauliflower	Garlic Bread Sweetcorn Green Beans	Potato Wedges Mixed Vegetables	Flat Bread Corn on Cob Cabbage	Lattice Potatoes Beans Peas
Dessert	Apple Crumble Custard	Rice Pudding	Peach & Orange Jelly	Pineapple Upside down Cake	Ice Cream

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## Week 3 MENU

**Date: 18<sup>th</sup> – 22<sup>nd</sup> September 2023**

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meat meal	Moroccan Chicken Drumstick	Meat Feast Pizza	Chicken Sausages	Grilled Chicken Wings	Fish Fillet
Main Vegetarian Meal	Vegetable Samosa	Margarita Pizza	Quorn Sausage	Jollof Rice	Vegetable Spring Roll
Sides	Cous Cous Green Beans Carrots	Sweetcorn	Mash Potato Cabbage Cauliflower	Rice Broccoli Carrots	Chips Beans Peas
Dessert	Eves Pudding Custard	Yoghurt	Peach & Apricot Crumble Custard	Semolina	Jam & Coconut Sponge Custard

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## Week 4 MENU

**Date: 25<sup>th</sup> - 29<sup>th</sup> September 2023**


	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meat Meal	Peri Peri Chicken Drumstick	Lamb Tagine	Roast Beef	Tandoori Chicken Drumstick	Fish Cake
Main Vegetarian Meal	Fusilli Pasta in Tomato & Herb Sauce	Vegetable Tagine	Cheese & Onion Pie	Chickpea Curry	Quorn Sausage Toad in the Hole
Sides	Potato Wedges	Couscous	Roast Potatoes	Rice	Chips
Vegetables	Carrots Peas	Baby Carrots Sweetcorn	Broccoli Cauliflower	Mix Vegetables	Peas Beans
Dessert	Chocolate Sponge & Custard	Apple Pie Custard	Lemon Sponge	Apricot & Peach Crumble Custard	Rice Pudding Jam Topping

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## Week 5 MENU

**Date: 2<sup>nd</sup> - 6<sup>th</sup> October 2023**

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meat Meal	Mild Chilli Chicken Drumstick	Cottage Pie	Seasoned Roast Chicken Drumstick	Chicken Biryani	Battered Cod
Main Vegetarian Meal	Creamy Mushroom Pasta	Quorn Cottage Pie	Vegetable Pie	Vegetable Biryani	Macaroni Cheese
Sides	Jollof Rice	Mash Potatoes	Roast Potatoes		Chips
Vegetables	Sliced Carrots Peas	Broccoli Carrots	Leeks Sweetcorn	Mix Vegetable	Peas Beans
Dessert	Semolina Toppings	Apple & Pear Crumble Custard	Banana Custard	Orange Jelly	Rhubarb Crumble Custard

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**All Season  
FOODS**



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## Week 6 MENU

**Date: 9<sup>th</sup> - 13<sup>th</sup> October 2023**

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meat Meal	BBQ Chicken	Beef Bolognaise	Roast Turkey	Yaka tori Chicken Steam Bun	Battered Cod
Main Vegetarian Meal	Sweet & Sour Vegetables	Quorn Bolognaise	Meat Free Casserole	Spicy Bean Burger	Roasted Vegetable Quiche
Sides	Egg Fried Rice	Spaghetti	Roast Potatoes		Chips
Vegetables	Carrots Broccoli	Green Beans Sweetcorn	Cauliflower Mix Vegetable	Corn on the Cob	Peas Beans
Dessert	Treacle Sponge Custard	Strawberry Jelly	Banana Slices Custard	Peach Crumble Custard	Jam Roly Poly

*There will be also daily provision of salads, fruits, jacket potatoes & bread (using wholegrains across our menu) + water*

**All Season FOODS**