

# Primary LUNCH MENU



Meat Free Monday

Tuesday

Wednesday

Thursday

Friday

## Week 1

- 15.04.2024 Four Cheese Tortellini in Creamy Tomato Sauce with Cheese, Carrots and Crusty Garlic Bread
- 13.05.2024 Jacket Potato with Baked Beans and Cheddar Cheese
- 10.06.2024 Mango Yoghurt with Fruit Shortcake
- 08.07.2024
- 05.08.2024

## Week 2

- 22.04.2024 Vegetable Burger in a Bun with Jumbo Potato Wedges and Baked Beans
- 20.05.2024 Jacket Potato with Baked Beans and Cheddar Cheese
- 17.06.2024 Strawberry Jelly
- 15.07.2024
- 12.08.2024

## Week 3

- 29.04.2024 Butternut Squash and Green Lentil Cottage Pie with a Cheesy topping and Green Bean
- 27.05.2024 Jacket Potato with Baked Beans and Cheddar Cheesem
- 24.06.2024 Flapjack
- 22.07.2024
- 19.08.2024

## Week 4

- 06.05.2024 Mozzarella and Tomato Pizza with Rosemary Potato Wedges and Cucumber Slices
- 03.06.2024 Jacket Potato with Baked Beans and Cheddar Cheese
- 01.07.2024 Blueberry Muffin
- 29.07.2024
- 26.08.2024

Thai Style Chicken Noodles with Red Peppers and Broccoli

Thai Style Mushroom Noodles with Red Peppers and Broccoli  
Jacket Potato with Baked Beans and Cheddar Cheese  
Cheddar Cheese & Crackers

Monoccan Lamb and Chickpea Tagine with Couscous and Grated Carrot Salad  
Meat Free Mince and Chickpea Tagine with Couscous and Grated Carrot Salad  
Jacket Potato with Baked Beans and Cheddar Cheese  
Fresh Fruit Salad

Roast Chicken with Roast Potatoes, Cauliflower & Carrots and Gravy  
Roast Sweet Potato Balls with Roast Potatoes, Cauliflower & Carrots and Gravy  
Jacket Potato with Baked Beans and Cheddar Cheese  
Honeydew Melon Wedges

Ham and Leek Carbonara Pasta Bake with Peas and Crusty Garlic Bread  
Spinach and Leek Carbonara Pasta Bake with Peas and Crusty Garlic Bread  
Jacket Potato with Baked Beans and Cheddar Cheese  
Vanilla Yoghurt with Oaty Biscuit

Jacket Potato with Tuna Mayo and Cucumber Slices

Jacket Potato with Baked Beans and Cheddar Cheese  
Cheese and Tomato Pasta Bake with Cucumber Slices and Red Pesto Bread Finger  
Watermelon Slices

Fajita Chicken Wrap with Rosemary Potato Wedges and Crisp Leaf Salad  
Fajita Butternut Squash Wrap with Rosemary Potato Wedges and Crisp Leaf Salad  
Jacket Potato with Baked Beans and Cheddar Cheese  
Vanilla Ice Cream

Beef and Mushroom Spaghetti Bolognese with Peas and Crusty Garlic Bread  
Meat Free Mince and Mushroom Spaghetti Bolognese with Peas and Crusty Garlic Bread  
Jacket Potato with Baked Beans and Cheddar Cheese  
Victoria Sponge Cake

Mexican Chicken Chilli with Rice and Green Beans  
Mexican Bean Chilli with Rice and Green Beans  
Jacket Potato with Baked Beans and Cheddar Cheese  
Fresh Fruit Salad

Mexican Beef and Bean Chilli with Brown Rice and Sweetcorn Salsa

Mexican Sweet Potato and Bean Chilli with Brown Rice and Sweetcorn Salsa  
Jacket Potato with Baked Beans and Cheddar Cheese  
Apple Sponge Tart

Pork Sausage with Roast Potatoes, Peas & Carrots and Gravy  
Vegetable Sausage with Roast Potatoes, Peas & Carrots and Gravy  
Jacket Potato with Baked Beans and Cheddar Cheese  
Strawberry Yoghurt with Oaty Biscuit

Chicken, Red Lentil and Carrot Korma with Rice and Broccoli  
Chickpea, Red Lentil and Carrot Korma with Rice and Broccoli  
Jacket Potato with Baked Beans and Cheddar Cheese  
Fresh Fruit Salad

Jacket Potato with Tuna Mayo and Sweetcorn  
Jacket Potato with Baked Beans and Cheddar Cheese  
Spinach and Ricotta Tortellini in Creamy Tomato Sauce with Cheese, Sweetcorn & Garlic Bread  
Pineapple Sticks

MSC. Fish Fingers with Mashed Potato and Peas

Vegetable Fingers with Mashed Potato and Peas  
Jacket Potato with Baked Beans\* and Cheddar Cheese  
Fresh Fruit Salad

MSC. Tuna Mac n Cheese with Green Beans and Red Pesto Bread Finger  
Cherry Tomato Mac n Cheese with Green Beans and Red Pesto Bread Finger  
Jacket Potato with Baked Beans\* and Cheddar Cheeser  
Pineapple Sticks

MSC. Fish Burger in a Bun with Jumbo Potato Wedges and Sweetcorn  
Vegetable Burger in a Bun with Jumbo Potato Wedges and Sweetcorn  
Jacket Potato with Baked Beans\* and Cheddar Cheese  
Rhubarb & Custard Yoghurt with Fruit Shortcake

MSC. Breaded Fish Fillet with Potato Gratin and Carrots  
Vegetable Sausage with Potato Gratin and Carrots  
Jacket Potato with Baked Beans\* and Cheddar Cheese  
Strawberry Swirl Mousse

All Our Dairy Products are Red Tractor Assured  
*Subject to availability*

MSC. Approved by the Marine Stewardship Council!



# GRUMBS FOOD CO

A type of Bread or Tortilla Chips and Fresh Salad is available every day



Laura Matthews Nutrition

Reduced Salt and Sugar



**Civitas Packed Lunch Menu**  
**Summer – April to July 2024**

<b>Week 1</b> 15.04.2024 13.05.2024 10.06.2024 08.07.2024 05.08.2024	<b>Week 1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>Savoury Option</b>	Tuna Mayonnaise Wholemeal Sandwich	Chicken Mayonnaise & Sweetcorn Wholemeal Baguette	Ham Wholemeal Sandwich	Tuna Mayonnaise Wholemeal Baguette	Sliced Chicken Wholemeal Sandwich
	<b>Vegetarian Option</b>	Cheddar Cheese Wholemeal Sandwich	Dairy/lea Cheese Slice Wholemeal Baguette	Egg Mayonnaise Wholemeal Sandwich	Cheddar Cheese Wholemeal Baguette	Cheddar Cheese Wholemeal Sandwich
	<b>Vegetable Snack</b>	Cucumber sticks	Carrot Sticks	Cucumber Sticks	Pepper Sticks	Carrot Sticks
	<b>Pudding</b>	Fruit Yoghurt and Satsuma	Fruit Yoghurt and Banana	Fruit Yoghurt and Satsuma	Fruit Yoghurt and Banana	Fruit Yoghurt and Apple

<b>Week 2</b> 22.04.2024 20.05.2024 17.06.2024 15.07.2024 12.08.2024	<b>Week 2</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>Savoury Option</b>	Ham Wholemeal Sandwich	Curried Chicken Wholemeal Baguette	Chicken Mayonnaise & Sweetcorn Wholemeal Sandwich	Ham Wholemeal Baguette	Tuna Mayonnaise Wholemeal Sandwich
	<b>Vegetarian Option</b>	Cheddar Cheese Wholemeal Sandwich	Egg Mayonnaise Wholemeal Baguette	Cheddar Cheese Wholemeal Sandwich	Dairy/lea Cheese Slice Wholemeal Baguette	Cheddar Cheese Wholemeal Sandwich
	<b>Vegetable Snack</b>	Cucumber sticks	Carrot Sticks	Cucumber Sticks	Pepper Sticks	Carrot Sticks
	<b>Pudding</b>	Fruit Yoghurt and Satsuma	Fruit Yoghurt and Banana	Fruit Yoghurt and Satsuma	Fruit Yoghurt and Banana	Fruit Yoghurt and Apple



**Civitas Packed Lunch Menu**  
**Summer – April to July 2024**

<b>Week 3</b> 29.04.2024 27.05.2024 24.06.2024 22.07.2024 19.08.2024	<b>Week 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>Savoury Option</b>	Tuna Mayonnaise Wholemeal Sandwich	Chicken Mayonnaise & Sweetcorn Wholemeal Baguette	Ham Wholemeal Sandwich	Tuna Mayonnaise Wholemeal Baguette	Sliced Chicken Wholemeal Sandwich
	<b>Vegetarian Option</b>	Cheddar Cheese Wholemeal Sandwich	Dairylea Cheese Slice Wholemeal Baguette	Egg Mayonnaise Wholemeal Sandwich	Cheddar Cheese Wholemeal Baguette	Cheddar Cheese Wholemeal Sandwich
	<b>Vegetable Snack</b>	Cucumber sticks	Carrot Sticks	Cucumber Sticks	Pepper Sticks	Carrot Sticks
	<b>Pudding</b>	Fruit Yoghurt and Satsuma	Fruit Yoghurt and Banana	Fruit Yoghurt and Satsuma	Fruit Yoghurt and Banana	Fruit Yoghurt and Apple

<b>Week 4</b> 06.05.2024 03.06.2024 01.07.2024 29.07.2024 26.08.2024	<b>Week 4</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>Savoury Option</b>	Ham Wholemeal Sandwich	Curried Chicken Wholemeal Baguette	Chicken Mayonnaise & Sweetcorn Wholemeal Sandwich	Ham Wholemeal Baguette	Tuna Mayonnaise Wholemeal Sandwich
	<b>Vegetarian Option</b>	Cheddar Cheese Wholemeal Sandwich	Egg Mayonnaise Wholemeal Baguette	Cheddar Cheese Wholemeal Sandwich	Dairylea Cheese Slice Wholemeal Baguette	Cheddar Cheese Wholemeal Sandwich
	<b>Vegetable Snack</b>	Cucumber sticks	Carrot Sticks	Cucumber Sticks	Pepper Sticks	Carrot Sticks
	<b>Pudding</b>	Fruit Yoghurt and Satsuma	Fruit Yoghurt and Banana	Fruit Yoghurt and Satsuma	Fruit Yoghurt and Banana	Fruit Yoghurt and Apple