

Week 1: 13th Apr, 4th May,
25th May, 15th Jun, 6th Jul,
27th Jul, 17th Aug, 7th Sep,
28th Sep, 19th Oct

Homemade Bread,
selection of seasonal
Vegetables / fresh Salad &
fresh Fruit served daily.

Selection of cold
Sandwiches served daily.

East Morton CE Primary School Menu

Mon

ProVeg Beef & Red Lentil Bolognese & Garlic Bread

Red Tractor accredited
Beef Mince & Lentils in
a Tomato & Vegetable
Sauce, served with
Pasta & Garlic Bread.



Soya Mince Chilli with Rice & Nachos

Soya Mince in a spicy
Tomato Sauce, served
with Rice & Nachos.



American-style Quorn Hot Dog

Quorn Sausage served
in a Bun, with
Seasoned Potatoes.



Assorted Jacket Potatoes / Selection of Sandwiches



Lemon Shortcake & Custard

Tue

Pork & Apple Whirl

Red Tractor Accredited
Sausage Meat and
Apples, encased in
Pastry.



Halal Chicken & Spinach

Red Tractor Accredited
HMC diced Chicken &
Spinach in a Tomato
based Curry Sauce,
served with Pilau Rice /
Naan Bread.



Pomodoro Pasta

A simple, delicious,
rich Tomato Sauce
with Beans, served
with Crusty Bread.



Selection of Sandwiches / Hot Sub Roll



Sprinkle Cake

Wed

Roast Meat Dinner

Red Tractor Accredited
Meat (either Gammon,
Turkey or Pork Loin)
served with Yorkshire
Pudding, Roast
Potatoes, Seasonal Veg
& Gravy.



Halal Roast Chicken Breast

Red Tractor accredited
HMC Chicken Breast,
served with Yorkshire
Pudding, Roast
Potatoes & Vegan Gravy.



Golden Cheese Roll

Cheese mix wrapped
in Puff Pastry, served
with Creamed
Potatoes & Seasonal
Vegetables.



Selection of Sandwiches / Hot Sub Roll



Decorated Fruit Jelly

Thu

Classic Cheese & Tomato Pizza

Wholemeal 50/50 base,
topped with a
lightly spiced Sauce
and topped with
Mozzarella / Cheddar
Cheese, served with
Chips / Jacket Wedges.



Baked Tortilla Wrap with Julienne of Veg

Vegetables in a Sauce,
topped with Cheese in
a Tortilla wrap. Served
hot with Chips / Jacket
Wedges.



Assorted Jacket Potatoes / Selection of Sandwiches



Chocolate Sponge & Chocolate Sauce

Fri

MSC Breaded Fish Fillet Fingers

MSC Fish Fillet
Fingers, served with
Chips / Jacket Wedges.



MSC Salmon & Sweet Potato Fishcake

MSC Salmon & Sweet
Potato, served with
Chips / Jacket Wedges.



Arrabiata Pasta

Chilli Tomato Sauce
with Lentils & Peppers,
served with Pasta &
Crusty Bread.



Assorted Jacket Potatoes / Selection of Sandwiches



Vanilla Cookie



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Week 2: 20th Apr, 11th May,
1st Jun, 22nd Jun, 13th Jul,
3rd Aug, 24th Aug, 14th Sep,
5th Oct, 26th Oct

Homemade Bread,
selection of seasonal
Vegetables / fresh Salad &
fresh Fruit served daily.

Selection of cold
Sandwiches served daily.

East Morton CE Primary School Menu

Mon

ProVeg Mild Chicken Curry

Indian inspired
aromatic Red Tractor
Chicken, Sweet
Potato & Vegetable
Curry, served with
Rainbow Rice.



ProVeg Creamy Mac & Cheese

A Macaroni
Pasta dish, coated
in a creamy Mature
Cheddar Sauce,
served with crusty
Bread.



Mascarpone Pasta

A creamy Sauce
with Tomatoes,
Mascarpone Cheese
and Herbs, served
with Crusty Bread.



Assorted **B**
Jacket
Potatoes /
Selection of
Sandwiches **P**

Paris Sandwich

Tue

Homemade Cheese & Onion Pasty

Creamed Potatoes
with Cheese &
Onions encased in
Pastry.



Super Savoury Roll

Flakey Puff Pastry
with a seasoned
filling, served with
Seasoned Potatoes.



Homemade BBQ Quorn with Rice

Quorn Pieces in a
Barbeque flavoured
Tomato Sauce, served
with Rainbow Rice.



Selection of
Sandwiches /
 Hot Sub Roll



Peaches & Ice
Cream with Syrup

Wed

Roast Meat Dinner

Red Tractor Accredited
Meat (either Gammon,
Turkey or Pork Loin)
served with Yorkshire
Pudding, Roast
Potatoes, Seasonal Veg
& Gravy.



Halal Roast Chicken Breast

Red Tractor accredited
HMC Chicken Breast,
served with Yorkshire
Pudding, Roast
Potatoes & Vegan Gravy.



Toad in the Hole

Quorn Sausage,
baked in a light
Batter, served with
Roast Potatoes.



Selection of
Sandwiches /
 Hot Sub Roll



Lemon Drizzle

Thu

Tuna & Sweetcorn Pizza

Wholemeal 50/50 base,
topped with a lightly
spiced Sauce and topped
with Mozzarella /
Cheddar Cheese & Tuna,
served with Chips /
Jacket Wedges.



Classic Cheese & Tomato Pizza

Wholemeal 50/50 base,
topped with a
lightly spiced Sauce
and topped with
Mozzarella / Cheddar
Cheese, served with
Chips / Jacket Wedges.



Arrabiata Pasta

Chilli Tomato Sauce
with Lentils & Peppers,
served with Pasta &
Crusty Bread.



Assorted **B**
Jacket
Potatoes /
Selection of
Sandwiches **P**

Marble Sponge &
Chocolate Sauce

Fri

Beef Burger in a Bun

Red Tractor
Accredited Beef &
Spinach Burger,
served in a Bun
with Chips / Baked
Potato Wedges.



Halal Chicken Burger in a Bun

Red Tractor
accredited HMC
Chicken Burger,
served in a Bread Roll
with Salad and Chips
/ Jacket Wedges.



Quorn Pattie Burger in a Bun

Quorn
Sausage-style
Pattie, served in
a Breadcake with
baked Jacket
Wedges / Chips.



Pomodoro Pasta

A simple, delicious,
rich Tomato Sauce
with Beans, served
with Crusty Bread.



Assorted **B**
Jacket
Potatoes /
Selection of
Sandwiches **P**

Gallydale Biscuits



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FM CATERING SERVICES

Week 3: 27th Apr, 18th May,
8th Jun, 29th Jun, 20th Jul,
10th Aug, 31st Aug, 21st Sep,
12th Oct, 2nd Nov

Homemade Bread,
selection of seasonal
Vegetables / fresh Salad &
fresh Fruit served daily.

Selection of cold
Sandwiches served daily.

East Morton CE Primary School Menu



Mon

ProVeg Rich & Creamy Meat Lasagne
Red Tractor Accredited Beef Mince in a rich Tomato Sauce with Vegetables, Herbs & Garlic, layered with Pasta Sheets & a Creamy Cheese Sauce, served with Garlic Bread.



Rich & Creamy Vegetarian Mince Lasagne
Soya Mince & Vegetables in a rich Tomato Sauce with Vegetables, Herbs & Garlic, layered with Pasta Sheets & a Creamy Cheese Sauce, served with Garlic Bread.

Homemade BBQ Quorn with Rice
Quorn Pieces in a Barbeque flavoured Tomato Sauce, served with Rainbow Rice.

Assorted Jacket Potatoes / Selection of Sandwiches

Flapjack

Tue

Traditional Chicken Pie
Red Tractor Accredited diced Chicken Pieces in a rich Gravy with Vegetables, topped with a Golden Pastry Lid, served with Potatoes.



Halal Keema & Peas
Red Tractor Accredited HMC Beef Mince & Peas, served with Spicy Pilau Rice.



Golden Cheese Whirl
Cheese, Potato & Onion, encased in Puff Pastry, served with Seasoned Potatoes.

Selection of Sandwiches / Hot Sub Roll

Strawberry Sponge & Custard

Wed

Sausage Pie
Red Tractor Accredited Sausage in Gravy, topped with Cheesy Mashed Potatoes, served with Yorkshire Pudding.



Halal Roast Chicken Breast
Red Tractor accredited HMC Chicken Breast, served with Yorkshire Pudding, Roast Potatoes & Vegan Gravy.



Quorn Roast Dinner
Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Vegan Gravy.

Selection of Sandwiches / Hot Sub Roll

Pears & Ice Cream with Syrup

Thu

Classic Cheese & Tomato Pizza
Wholemeal 50/50 base, topped with a lightly spiced Sauce and topped with Mozzarella / Cheddar Cheese, served with Chips / Jacket Wedges.



Mini Power Ball Pizza
Wholemeal 50/50 base topped with a lightly spiced Sauce, and topped with Mozzarella / Cheddar Cheese & Meatless Balls, served with Chips / Jacket Wedges.



ProVeg Indian-style Sausage Rolls
Puff Pastry with a Vegan Filling, served with Chips / Jacket Wedges.



Assorted Jacket Potatoes / Selection of Sandwiches

Chocolate Sponge & Chocolate Sauce

Fri

MSC Breaded Fish Fillet Fingers
MSC Fish Fillet Fingers, served with Chips / Jacket Wedges.



Vegetable Pakoras
Mixed Vegetables & Onion coated in Tempura Batter, served with Chips / baked Jacket Wedges & Riata.



Neapolitan Pasta
Seasonal Veg, Beans & Herbs cooked and blended into a rich Tomato Sauce, served with Pasta.



Assorted Jacket Potatoes / Selection of Sandwiches

Butterfly Buns



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