



COIT PRIMARY



Colours in the left column represent the band your child should choose for the meal that day

| WEEK ONE | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|-------------------------|--|---|---|---|---|
| WEEKS COMMENCING: 22/4/19 : 13/5/19 : 3/6/19 : 24/6/19 : 15/7/19 : 5/8/19 : 26/8/19 : 16/9/19 : 7/10/19 : 28/10/19 | Main Course | Beef Burger in a Bun with Homemade Wedges and Tomato Ketchup | Shepherd's Pie with Gravy | Roast Chicken with Roast Potatoes, Stuffing & Gravy | Homemade Chicken Pie with Mashed Potato and Gravy | Fish Fingers and Chips with Tomato Ketchup or Vinegar |
| | Vegetarian Main Course | Veggie Chilli with Wholegrain Rice and Homemade Nachos | Cheese & Tomato Pizza with Half Jacket Potato | Quorn Roast with Roast Potatoes, Stuffing & Gravy | Vegetarian Sausage & Tomato Pasta Bake | Vegetable Enchilada |
| | Jacket Potato & Filling | Jacket Potato with Cheese, Beans & Tuna Mayo | Jacket Potato with Cheese, Beans & Tuna Mayo | Jacket Potato with Cheese, Beans & Tuna Mayo | Jacket Potato with Cheese, Beans & Tuna Mayo | Jacket Potato with Cheese, Beans & Tuna Mayo |
| | Sandwiches | Ham | Ham | Ham | Ham | Ham |
| | Sandwiches | Tuna | Tuna | Tuna | Tuna | Tuna |
| | Sandwiches | Cheese | Cheese | Cheese | Cheese | Cheese |
| | Vegetables | Sweetcorn & Carrot Sticks | Green Beans & Broccoli/Mixed Salad | Cauliflower & Peas | Mixed Vegetables & Carrots | Garden Peas & Baked Beans |
| | Dessert | Lemon Cake with Custard | Chocolate Crispy | Frozen Toffee Yoghurt with Banana | Jam Sponge with Custard | Ginger Biscuit with Orange Wedges |

| WEEK TWO | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|-------------------------|--|--|---|--|---|
| WEEKS COMMENCING: 29/4/19 : 20/5/19 : 10/6/19 : 1/7/19 : 22/7/19 : 12/8/19 : 2/9/19 : 23/9/19 : 14/10/19 | Main Course | Traditional Sausage & Mash with Gravy | Chicken in a Tomato Sauce with Wholegrain Rice | Roast Chicken with Stuffing, Roast Potatoes and Gravy | Minced Beef Pie with Jacket Wedges and Gravy | Fish and Chips with Tomato Ketchup or Vinegar |
| | Vegetarian Main Course | Veggie Mince Pasta Bolognese | Cheese & Tomato Pizza with Half Jacket Potato | Quorn Roast with Stuffing, Roast Potatoes and Gravy | Cheesy Tomato Pasta with Garlic Bread | Quorn Fajita |
| | Jacket Potato & Filling | Jacket Potato with Cheese, Beans & Tuna Mayo | Jacket Potato with Cheese, Beans & Tuna Mayo | Jacket Potato with Cheese, Beans & Tuna Mayo | Jacket Potato with Cheese, Beans & Tuna Mayo | Jacket Potato with Cheese, Beans & Tuna Mayo |
| | Sandwiches | Ham | Ham | Ham | Ham | Ham |
| | Sandwiches | Tuna | Tuna | Tuna | Tuna | Tuna |
| | Sandwiches | Cheese | Cheese | Cheese | Cheese | Cheese |
| | Vegetables | Broccoli & Mixed Vegetables | Carrots & Cauliflower | Savoy Cabbage & Sweetcorn | Green Beans & Carrots | Garden Peas & Baked Beans |
| | Dessert | Ginger Sponge with Custard | Frozen Strawberry Yoghurt & Bananas | Fruity Flapjack with Custard | Oaty Biscuit with Fruit Wedges | Chocolate Muffin/Traybake |

| WEEK THREE | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|-------------------------|---|--|--|--|---|
| WEEKS COMMENCING: 6/5/19 : 27/5/19 : 17/6/19 : 8/7/19 : 29/7/19 : 19/8/19 : 9/9/19 : 31/10/19 : 21/10/19 | Main Course | Meatballs in Tomato Sauce with Pasta | Chicken Curry with Wholegrain Rice | Roast Chicken with Stuffing and Roast Potatoes and Gravy | Pasta Bolognese with Garlic Bread | Fish Fingers and Chips with Tomato Ketchup or Vinegar |
| | Vegetarian Main Course | Cheese & Tomato Pizza Slice with Half Jacket Potato | Macaroni Cheese | Quorn Roast with Stuffing and Roast Potatoes and Gravy | Bean Bake with Potato Wedges | Vegetable Curry with Wholegrain Rice |
| | Jacket Potato & Filling | Jacket Potato with Cheese, Beans & Tuna Mayo | Jacket Potato with Cheese, Beans & Tuna Mayo | Jacket Potato with Cheese, Beans & Tuna Mayo | Jacket Potato with Cheese, Beans & Tuna Mayo | Jacket Potato with Cheese, Beans & Salmon Mayo |
| | Sandwiches | Ham | Ham | Ham | Ham | Ham |
| | Sandwiches | Tuna | Tuna | Tuna | Tuna | Tuna |
| | Sandwiches | Cheese | Cheese | Cheese | Cheese | Cheese |
| | Vegetables | Garden Peas & Fresh Salad | Carrots & Sweetcorn | Spring Cabbage & Mixed Vegetables | Cauliflower & Sliced Green Beans | Garden Peas & Baked Beans |
| | Dessert | Sticky Toffee Pudding with Custard | Chocolate Crunch with Custard | Oaty Biscuit with Banana | Carrot Cake with Icing | Jelly & Fruit |

Yoghurt and fruit will also be available each day as an alternative to dessert. A selection of breads, salads and fresh drinking water will be available daily.