



COIT PRIMARY



WEEK ONE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEKS COMMENCING: 30/08/21 : 20/09/21 : 11/10/21 : 01/11/21 : 22/11/21 : 13/12/21	Main Course	Vegetarian Sausage and Mash	Beef Meatballs and Tomato Sauce with Pasta	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Beef Lasagne with Homemade Garlic Bread	Fish Fingers with Chips and Tomato Sauce
	Vegetarian Main Course	Cheese Flan with Jacket Wedges and Tomato Sauce	Beandillas with Savoury Rice	Quorn Roast with Stuffing, Roast Potatoes and Gravy	Roasted Vegetable Lasagne with Homemade Garlic Bread	Bean Bake with Chips and Tomato Sauce
	Jacket Potato & Filling	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese, Baked Beans or Salmon Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo
	Sandwiches	Ham Sandwich	Ham Sandwich	Ham Sandwich	Ham Sandwich	Ham Sandwich
	Sandwiches	Tuna Mayo Sandwich	Tuna Mayo Sandwich	Tuna Mayo Sandwich	Tuna Mayo Sandwich	Tuna Mayo Sandwich
	Sandwiches	Cheese Sandwich	Cheese Sandwich	Cheese Sandwich	Cheese Sandwich	Cheese Sandwich
	Vegetables	Peas & Sweetcorn	Broccoli & Carrots	Cauliflower & Green Beans	Mixed Vegetables & Peas	Peas & Baked Beans
	Dessert	Jam Sponge with Custard	Iced Carrot Cake and Orange Wedge	Flapjack Finger with Custard	Jelly with Peaches	Chocolate Fudge Cake

WEEK TWO

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEKS COMMENCING: 06/09/21 : 27/09/21 : 18/10/21 : 08/11/21 : 29/11/21	Main Course	Veggie Bolognese with Pasta and Homemade Garlic Bread	Beef Chilli Con Carne with Wholegrain Rice and Homemade Nachos	Roast Chicken with Stuffing, Mashed Potatoes and Gravy	Beef Burger in a Bun with Jacket Wedges and Tomato Sauce	Fish Fingers with Chips and Tomato Sauce
	Vegetarian Main Course	Cheese and Tomato Pasta Bake with Homemade Garlic Bread	Homemade Cheese and Tomato Pizza with Half Jacket Potato	Quorn Roast with Stuffing, Mashed Potatoes and Gravy	Quorn Burger in a Bun with Jacket Wedges and Tomato Sauce	Tortilla Layer with Chips and Tomato Sauce
	Jacket Potato & Filling	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo
	Sandwiches	Ham Sandwich	Ham Sandwich	Ham Sandwich	Ham Sandwich	Ham Sandwich
	Sandwiches	Tuna Mayo Sandwich	Tuna Mayo Sandwich	Tuna Mayo Sandwich	Tuna Mayo Sandwich	Tuna Mayo Sandwich
	Sandwiches	Cheese Sandwich	Cheese Sandwich	Cheese Sandwich	Cheese Sandwich	Cheese Sandwich
	Vegetables	Baked Beans & Sweetcorn	Green Beans & Carrots	Cabbage & Mixed Vegetables	Broccoli & Sweetcorn	Peas & Baked Beans
	Dessert	Ginger Shortbread with Milk	Shortbread Biscuit with Custard	Treacle Syrup Sponge with Custard	Jelly and Peaches	Hobnob Cookie with Apple Wedges

WEEK THREE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEKS COMMENCING: 13/09/21 : 04/10/21 : 25/10/21 : 15/11/21 : 06/12/21	Main Course	Macaroni Cheese with Homemade Garlic Bread	Sausages with Mashed Potatoes and Gravy	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Kashmiri Beef with Wholegrain Rice	Fish Fillet with Chips and Tomato Sauce
	Vegetarian Main Course	Vegetarian Chilli Wedge Bake	Vegetarian Sausage with Mashed Potatoes and Gravy	Quorn Roast with Stuffing, Roast Potatoes and Gravy	Homemade Cheese & Tomato Pizza with Half Jacket Potato	Bean Bake with Chips and Tomato Sauce
	Jacket Potato & Filling	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo
	Sandwiches	Ham Sandwich	Ham Sandwich	Ham Sandwich	Ham Sandwich	Ham Sandwich
	Sandwiches	Tuna Mayo Sandwich	Tuna Mayo Sandwich	Tuna Mayo Sandwich	Tuna Mayo Sandwich	Salmon Sandwich
	Sandwiches	Cheese Sandwich	Cheese Sandwich	Cheese Sandwich	Cheese Sandwich	Cheese Sandwich
	Vegetables	Carrots & Sweetcorn	Cauliflower & Green Beans	Peas & Carrots	Green Beans & Sweetcorn	Peas & Baked Beans
	Dessert	Marble Sponge and Ice Cream	Chocolate Pinwheel Shortbread and Chocolate Sauce	Jelly and Mandarins	Cornflake Tart with Custard	Chocolate Shortbread Biscuit with Apple Wedges

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.

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