

Zest Primary Menu – Two Rivers CofE Primary School
September 2023 Key (V) vegetarian (HM) Homemade

<u>Week 1</u>	Meat-Free Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Choices <u>DATES</u> 4th September 25th September 16th October	Tomato and Herb Pasta (V)(HM) or Baked Bean and Cheese Quesadillas (V)(HM) with Sauté Potatoes Mixed Salad <u>Dessert of the Day</u> Chocolate Chip Cookie	<u>All Day Brunch</u> Sausage, Bacon, Hash Brown & Baked Beans or <u>All Day Veggie Brunch</u> Veggie Sausages, Hash Brown & Baked Beans (V) <u>Dessert of the Day</u> Carrot Cake	Roast Chicken and Stuffing or Quorn Fillet (V) Roast Potatoes, Carrots, Green Beans and Gravy <u>Dessert of the Day</u> Raspberry Mousse	Mince Beef and Vegetable Pie, topped with Shortcrust Pastry (HM) or Cheese and Tomato Pinwheels (V)(HM) Mashed Potatoes and Broccoli <u>Dessert of the Day</u> Flapjack (HM)	Breaded Cod Bites Or Quorn Dippers (V) Chipped Potatoes, Baked Bean or Peas <u>Dessert of the Day</u> Ice Cream Pot

<u>Week 2</u>	Meat-Free Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Choices <u>DATES</u> 11th September 2nd October	Margarita Pizza (V) or Ratatouille Pasta Bake (V)(HM) Potato Wedges and Mixed Salad <u>Dessert of the Day</u> Raspberry Ripple Ice Cream Roll (V)	Meatballs in a Tomato Sauce or Vegan Meatballs in a Tomato Sauce (V) Pasta Twist and Mixed Vegetables <u>Dessert of the Day</u> Red Velvet Chocolate Brownie (V)(HM)	Roast Turkey and Stuffing or Vegetable Pasty (V)(HM) Roast Potatoes, Carrots, Cabbage and Gravy <u>Dessert of the Day</u> Shortbread Finger (V)(HM)	Breaded Chicken Fillet or Quorn Buttermilk Style Burger (V) Served in a Flour Bap and Shredded Lettuce Herby Diced Potatoes & Sweetcorn <u>Dessert of the Day</u> Oaty Fruit Bar (V)(HM)	Breaded Cod Fillet Fish Fingers or Vegetable Nuggets (V) Chipped Potatoes, Baked Bean or Peas <u>Dessert of the Day</u> Toffee Yoghurt Ice Cream Pot (V)

<u>Week 3</u>	Meat-Free Monday	Tuesday	Wednesday	Thursday	Friday
---------------	-------------------------	----------------	------------------	-----------------	---------------

Zest Primary Menu – Two Rivers CofE Primary School

September 2023

Key (V) vegetarian (HM) Homemade

Main Course Choices <u>DATES</u> 18 th September 9 th October	Creamy Three Cheese Pasta Twists (V)(HM)	Battered Chicken Breast Bites	Roast Beef and Yorkshire Pudding	Pork Sausages	Battered Cod Fillet
	or Roasted Vegetable Fajita Wrap (V)(HM)	or BBQ Pulled Quorn Burger (V)	or Cheese and Potato Pie (V)(HM)	or Vegetable Sausage Roll (V)(HM)	or Quorn Fish-less Finger (V)
	Garlic Bread and Mixed Salad	Potato Wedges and Sweetcorn	Roast Potatoes, Carrots, Broccoli and Gravy	Mashed Potatoes and Peas	Chipped Potatoes, Baked Bean or Sweetcorn
	<u>Dessert of the Day</u> Melon Wedges (V)	<u>Dessert of the Day</u> Iced Vanilla Sprinkle Sponge (V)(HM)	<u>Dessert of the Day</u> Jelly (V)(HM)	<u>Dessert of the Day</u> Chocolate and Orange Marble Cake (V)(HM)	<u>Dessert of the Day</u> Ice Cream Pot (V)