

Nexus Primary Lunch Menu - Week 2

Weekly menu



Monday

Chicken Sausage (casing made of beef), Mash, Veg & Gravy(Sulphites)

Macaroni Cheese with Basil Foccacia Bread(Gluten,Egg,Milk)

Tomato & Basil Bread (Gluten,Egg,Milk) Salad Bar freshly Prepared

Glazed Carrots / Green Beans

Jacket Potato Served with Cheese, Beans or Tuna Mayo (Dairy, Fish)

Baguettes Available - KS2 Only. Served with Sides, Pudding & or Fruit

Marble Sponge & Chocolate Sauce (Gluten, Egg, Milk) / Fruit Platter

Tuesday

Chicken Tikka Masala, Rice & Naan Bread (Gluten,milk)

Mexican Salmon Burrito with Tomato & Coriander Salsa (Gluten, Fish)

Homemade Bread (Gluten,Egg,Milk)Salad Bar freshly prepared

Broccoli / Sweetcorn

Jacket Potato Served with Cheese, Beans or Tuna Mayo (Dairy, Fish)

Baguettes Available - KS2 Only. Served with Sides, Pudding & or Fruit

Lemon Shortbread with Fruit Wedges (Gluten) / Fruit Platter

Wednesday

Roast Chicken Dinner, Roast Potatoes, Veg of the day & Gravy

Baked Onion Bhaji with Red Bean Dhal & Rice

Homemade Naan Bread (Gluten,Egg,Milk)Salad Bar freshly prepared

Bombay Potatoes / Peas

Jacket Potato Served with Cheese, Beans or Tuna Mayo (Dairy, Fish)

Baguettes Available - KS2 Only. Served with Sides, Pudding & or Fruit

Carrot & Orange Cake with Custard (Gluten/Egg) / Fruit Platter

Thursday

Beef Bolognaise, Fusilli Pasta & Tomato & Herb Bread (Gluten,Egg,Milk)

Wholemeal Cheese & Spinach Quiche with Herby Potatoes(Gluten,Egg,Milk)

Homemade Herb Bread (Gluten,Egg,Milk)Salad Bar freshly prepared

Vegetable Medley / Cauliflower

Jacket Potato Served with Cheese, Beans or Tuna Mayo (Dairy, Fish)

Baguettes Available - KS2 Only. Served with Sides, Pudding & or Fruit

Vanilla Ice Cream with Fruit Wedges (Milk) Fruit Platter

Friday

Battered Fish, Chips & Peas or Beans with Tomato Sauce (Gluten/Fish)

Carrot & Chickpea Falafel, Pitta Bread, Tomato Relish & Chips (Gluten)

Homemade Bread (Gluten,Egg,Milk)Salad Bar freshly prepared

Peas / Sweetcorn

Jacket Potato Served with Cheese, Beans or Tuna Mayo (Dairy, Fish)

Baguettes Available - KS2 Only. Served with Sides, Pudding & or Fruit

Apple & Berry Oat Bar (Gluten) / Fresh Fruit Platter

Available daily

Week 2
11th Sep / 2nd Oc / 23rd Oct / 13th Nov / 4th Dec / 25th Dec