

Nexus Primary Lunch Menu 3

Weekly menu



Monday

Tuesday

Wednesday

Thursday

Friday

Italian Style Herb & Tomato Pasta with Garlic Bread (Gluten,Egg,Milk)

BBQ Chicken with Vegetables & Rice (Gluten,Mustard)

Roast Chicken with Roast Potatoes, Vegetables & Gravy

Beef Burger In Bap with Potato Wedges & Beans (Gluten)

Fish Fingers with Chips, Beans or Peas (Gluten,Fish)

Oriental Style Stir Fry Vegetable with Rice

Roasted Red Pepper & Herb Jambalaya

Pesto Style Pasta With Salad & Croutons (Gluten,Egg,Milk)

Vegetable Burger In Bap with Potato Wedges & Beans (Gluten)

Sweet Potato, Spinach & Bean Wrap with Salad & Chips (Gluten)

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

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

Carrot & Cumin Bread (Gluten,Egg,Milk)/Salad Bar freshly prepared

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

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Herby Roasted Butternut / Peas

Broccoli / Carrots

Green Beans / Mexican Style Sweetcorn

Thyme Roasted Carrots / Savoy Cabbage

Beans / Peas

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

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

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

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

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Apple Sponge with Custard (Gluten,Egg,Milk)/Fresh Fruit Platter

Strawberry Ice Cream (milk) / Fresh Fruit Platter

Chocolate Sponge with Chocolate Sauce (Gluten,Milk,Egg)Fruit Platter

Fruit & Yoghurt Bar (Gluten,Milk)/ Fresh Fruit Platter

Homemade Fruit Smoothie (Dairy) / Fresh Fruit Platter

Available daily

Week 3
18th Sep / 9th Oct / 30th Oct / 20th Nov / 11th Dec
1st Jan