

## MOOR ROW PRIMARY SCHOOL WEEK 1

Freshly made every day!

DAY	CHOICE 1	CHOICE 2	CHOICE 3	PUDDING
Monday	Pepperoni Pizza served with Rainbow Cous Cous and Mixed Salad	Soft Roll filled with Cheese, Ham or Tuna served with Mixed Salad	Oven Baked Jacket Potato filled with Cheese, Beans or Tuna served with Mixed Salad	Fruit Smoothie or Fresh Fruit or Yoghurt
Tuesday	Meatballs in Gravy served with Wholewheat Pasta and Garden Peas	Soft Roll filled with Cheese, Ham or Tuna served with Mixed Salad	Oven Baked Jacket Potato filled with Cheese, Beans or Tuna served with Mixed Salad	Iced Sponge Cake or Fresh Fruit or Yoghurt
Wednesday	Roast Chicken served with Yorkshire Pudding, Creamed Potatoes, Carrots, Broccoli and Gravy	Soft Roll filled with Cheese, Ham or Tuna served with Mixed Salad	Oven Baked Jacket Potato filled with Cheese, Beans or Tuna served with Mixed Salad	Chocolate Crunch or Fresh Fruit or Yoghurt
Thursday	Spaghetti Bolognaise served with Garlic Bread Slices and Sweetcorn	Soft Roll filled with Cheese, Ham or Tuna served with Mixed Salad	Oven Baked Jacket Potato filled with Cheese, Beans or Tuna served with Mixed Salad	lced Carrot Cake or Fresh Fruit or Yoghurt
Friday	Cod & Salmon Fishcake served with Chips, Garden Peas and Tomato Ketchup	Soft Roll filled with Cheese, Ham or Tuna served with Mixed Salad	Oven Baked Jacket Potato filled with Cheese, Beans or Tuna served with Mixed Salad	Raspberry Jelly with Peaches & Cream or Fresh Fruit or Yoghurt
1				
		Available Daily: Fresh Fruit	and Bread!	
ORFORM4		out food allergens please speak to th ISSUE 1 – 18.10.18		to help. AUTUMN/WINTER 2023



## MOOR ROW PRIMARY SCHOOL WEEK 2

Freshly made every day!

DAY	CHOICE 1	CHOICE 2	CHOICE 3	PUDDING
	Beef Burger in a Bun	Soft Roll	Oven Baked Jacket Potato	Jam Doughnut
	served with Pasta Twists and	filled with Cheese, Ham or Tuna	filled with Cheese, Beans or	or
Monday	Vegetable Batons	served with Mixed Salad	Tuna served with Mixed Salad	<b>Fresh Fruit or Yoghurt</b>
Tuesday	Cheese & Tomato Pizza	Soft Roll	Oven Baked Jacket Potato	Lemon Iced Sponge
	served with Rainbow Cous Cous	filled with Cheese, Ham or Tuna	filled with Cheese, Beans or	or
	and Mixed Salad	served with Mixed Salad	Tuna served with Mixed Salad	<b>Fresh Fruit or Yoghurt</b>
	Sliced Cooked Turkey	Soft Roll	Oven Baked Jacket Potato	Vanilla & Raspberry Ice Cream
	served with Yorkshire Pudding,	filled with Cheese, Ham or Tuna	filled with Cheese, Beans or	<b>Roll with Peaches</b>
Wednesday	Roast Potatoes, Garden Pea &	served with Mixed Salad	Tuna served with Mixed Salad	or
	<b>Carrot Medley and Gravy</b>			Fresh Fruit or Yoghurt
	Chicken Tikka Masala	Soft Roll	Oven Baked Jacket Potato	Anzac Biscuit
	served with Rice, Naan Bread and	filled with Cheese, Ham or Tuna	filled with Cheese, Beans or	or
Thursday	Mixed Vegetables	served with Mixed Salad	Tuna served with Mixed Salad	Fresh Fruit or Yoghurt
	Fish Fingers	Soft Roll	Oven Baked Jacket Potato	Chocolate Brownie &
	served with Chips, Garden Pea &	filled with Cheese, Ham or Tuna	filled with Cheese, Beans or	1/2 an Orange
Friday	Carrot Medley and Tomato	served with Mixed Salad	Tuna served with Mixed Salad	or
Friedde	Ketchup			Fresh Fruit or Yoghurt

**Available Daily: Fresh Fruit and Bread!** 

ORFORM44

If you have any questions about food allergens please speak to the kitchen team who will be happy to help. ISSUE 1 – 18.10.18 AUTUMN/WINTER 2023 orian



## MOOR ROW PRIMARY SCHOOL WEEK 3

Freshly made every day!

	and the second se			
DAY	CHOICE 1 🍡	CHOICE 2	CHOICE 3	PUDDING
Monday	Ham & Cheese Pizza	Soft Roll	Oven Baked Jacket Potato	Apple Crumble & Custard
	served with Wholewheat Pasta and	filled with Cheese, Ham or Tuna	filled with Cheese, Beans or	or
	Vegetable Batons	served with Mixed Salad	Tuna served with Mixed Salad	Fresh Fruit or Yoghurt
Tuesday	Chicken Korma	Soft Roll	Oven Baked Jacket Potato	Chocolate Chip Cookie
	served with Rice, Naan Bread and	filled with Cheese, Ham or Tuna	filled with Cheese, Beans or	or
	Sweetcorn	served with Mixed Salad	Tuna served with Mixed Salad	Fresh Fruit or Yoghurt
Wednesday	Sliced Cooked Beef served with Yorkshire Pudding, Roast Potatoes, Garden Pea & Carrot Medley and Gravy	Soft Roll filled with Cheese, Ham or Tuna served with Mixed Salad	Oven Baked Jacket Potato filled with Cheese, Beans or Tuna served with Mixed Salad	Chocolate Ice Cream Roll with Pineapple or Fresh Fruit or Yoghurt
Thursday	Pork Sausages	Soft Roll	Oven Baked Jacket Potato	Shortbread
	served with Creamed Potato,	filled with Cheese, Ham or Tuna	filled with Cheese, Beans or	or
	Garden Peas and Gravy	served with Mixed Salad	Tuna served with Mixed Salad	Fresh Fruit or Yoghurt
Friday	Breaded White Fish Fillet	Soft Roll	Oven Baked Jacket Potato	Flapjack
	served with Chips, Garden Peas and	filled with Cheese, Ham or Tuna	filled with Cheese, Beans or	or
	Tomato Ketchup	served with Mixed Salad	Tuna served with Mixed Salad	Fresh Fruit or Yoghurt

**Available Daily: Fresh Fruit and Bread!** 

ORFORM44

If you have any questions about food allergens please speak to the kitchen team who will be happy to help. ISSUE 1 – 18.10.18 AUTUMN/WINTER 2023 orian