

TREFONEN PRIMARY SCHOOL LUNCHES – 3 Week Rolling Menu – www.parentpay.com

| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
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| Main Choice 21/09/2020 | Pork & Carrot Meatballs Served with penne pasta And sweetcorn | Pork Sausage Served with wedges and Baked Beans | Roast Beef, Yorkshire Pudding & Gravy Served with roast & mash and Carrots | Breaded Chicken Breast Steak Served with pasta and Green Beans | Margarita Pizza Served with chips and Baked Beans |
| Vegetarian Option | Vegetarian Quorn Balls and sweetcorn | Vegetable Bake with wedges and Baked beans | Linda McCartney Sausage Served with mash and Carrots | Falafel Served with Pasta and Green Beans | Margarita Pizza Served with chips and Baked Beans |
| Pudding | Chocolate Muffin Or Yogurt | Vanilla Ice-Cream or Fruit Salad | Cookies Or Yogurt | Iced Cake Or Yogurt | Jelly Or Yogurt |
| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Main Choice 28/09/2020 | Breaded Chicken Served with Pasta and Peas | Sausage Served with Jacket Wedges and Baked Beans | Roast Chicken and Gravy Served with Raost and Mash and Carrots | Fish Bake Served with Pasta and Peas | Margarita Pizza Served with chips and Sweetcorn |
| Vegetarian Option | Vegetable Bake Served with Peas | Vegetarian Sausage Served with Jacket Wedges and Baked Beans | Raosted Quorn Fillet Served with Mash and Carrots | Mac n' Cheese Served with Peas | Margarita Pizza Served with chips and Sweetcorn |
| Pudding | Plain Muffin Or Fruit Salad | Vanilla Ice-Cream Or Yogurt | Cookies Or Fruit Salad | Chocolate Sponge Or Yogurt | Jelly Or Fruit Salad |
| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Main Choice 05/10/2020 | Fish, Pasta and Sweetcorn | Pork Sausage Served with Diced Potatoes and Baked Beans | Roast Chicken, and gravy Served with Roast Potatoes and Broccoli | Breaded Chicken Served with Jacket Wedges and Carrots | Margarita Pizza Served with chips and Baked Beans |
| Vegetarian Option | Vegetable Bake and Sweetcorn | Vegetable Sausage Served with Diced Potatoes and Baked Beans | Roasted Quorn Fillet Served with Mash and Broccoli | Mediterranean Omelette Served with Jacket Wedges and Carrots | Margarita Pizza Served with chips and Baked Beans |
| Pudding | Chocolate or Vanilla Cupcakes or Fruit Salad | Mini Doughnut or Yogurt | Cookies or Fruit Salad | Ice-Cream or Yogurt | Jelly Or Yogurt |