

Ventrus Primary School Menu Week 1 Sampford Peverell

Monday	Tuesday	Wednesday	Thursday	Friday
M – Macaroni cheese, focaccia bread and sweetcorn	M – Sausage, mash and gravy with peas	M – Roast Chicken, potatoes and fresh vegetables	M – Beef bolognaise, Pasta with sweetcorn	M – Fish Fingers, chips and veggie sticks
V – Quorn Hotdog With potato squares and sweetcorn	V- Vegetable casserole potato mash and peas	V – Quorn sausage roll with potatoes and fresh vegetables	V – Homemade pizza with pasta and sweetcorn	V – Quorn nuggets, fries and vegetable sticks
JP - with cheese, beans or tuna	JP - with cheese, beans or tuna and salad	JP - with cheese, beans or tuna	JP - with cheese, beans or tuna	JP - with cheese, beans or tuna
D – Fresh Fruit or Yogurt	D – Carrot cake, Yogurt or Fruit	D – Various Ice-creams, Yogurt or Fruit	D – Apple flapjack, Yogurt or Fruit	D – Cookie, Yogurt or Fruit

Ventrus Primary School Menu Week 2 Sampford Peverell

Monday	Tuesday	Wednesday	Thursday	Friday
M – pizza with potato squares and sweetcorn.	M – breaded fish with potato wedges and peas.	M – Roast Chicken, potatoes and fresh vegetables with gravy	M –Hotdog with potato squares and sweetcorn	M – Crispy chicken Goujons, fries and vegetable sticks
V -Vegetable bolognaise with pasta and sweetcorn	V- Haloumi stuffed peppers with potato wedges and peas	V-Cauliflower and broccoli cheese bake potatoes and fresh vegetables	V – Roasted vegetable pasta bake, with potato squares and sweetcorn	V – Quorn dippers, fries and vegetable sticks
JP - with cheese, beans or tuna	JP - with cheese, beans or tuna	JP - with cheese, beans or tuna	JP - with cheese, beans or tuna	JP - with cheese, beans or tuna
D – Fruit slices, Yogurt or Fruit	D –Lemon drizzle cake, Yogurt or Fruit	D – Various ice-creams, Yogurt or Fruit	D – Banana and blueberry cake, Yogurt or Fruit	D – Cookie, Yogurt or Fruit