

GOODMAYES

Date 23rd Feb, 16th Mar, 6th Apr, 27th Apr, 18th May
8th Jun, 29th Jun, 20th Jul

WEEK 1

Date 2nd Mar, 23rd Mar, 13th Apr, 4th May, 25th May
15th Jun, 6th Jul, 27th Jul

WEEK 2

Date 9th Mar, 30th Mar, 20th Apr, 11th May
1st Jun, 22nd Jun, 13th July

WEEK 3

MONDAY

Beef Pasta Bolognese (GL)
Veggie Noodle Stir Fry (GL,EG,SO)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Fruity Shortbread (GL) or Fresh Fruit

Loaded Mac 'n' Cheese (GL,MI)
BBQ Veggie Burrito (GL,SO)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Ice Cream (MI) or Fresh Fruit

Chicken Hot Dog with Wedges (GL,SO,SE,SU)
Vegan Hot Dog with Wedges (GL,SO,SE)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Apple Cake (GL) or Fresh Fruit

TUESDAY

Mild Chicken Curry with Steamed Rice
Vegan Meatballs with Tomato Sauce & Rice (SO)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Apple Crumble & Custard (GL,MI) or Fresh Fruit

Beef Lasagne (GL,EG,MI)
Veggie Cottage Pie (GL,SO)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Fruity Flapjack (GL) or Fresh Fruit

Lemon & Herb Chicken Jollof Rice (SU)
Handmade Margherita Pizza with Garden Salad (GL,MI)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Fruity Shortbread (GL) or Fresh Fruit

WEDNESDAY

Roast Chicken with Potatoes & Gravy (SU)
Sweet Potato and Mushroom Loaf with Potatoes & Gravy (GL)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Vegan Fruit Jelly or Fresh Fruit

Chicken Sausage with Mash & Gravy (GL,SU)
Vegan Sausage with Mash & Gravy (SO,SU)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Oat & Banana Biscuit (G) or Fresh Fruit

Roast Chicken with Potatoes & Gravy (SU)
Squash & Spinach Plait with Potatoes & Gravy (GL,SU)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Vegan Fruit Jelly or Fresh Fruit

THURSDAY

Chicken Meatballs & Tomato Pasta (GL)
Handmade Margherita Pizza with Vegetable Sticks (GL,MI)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Marble Cake (GL) or Fresh Fruit

Salmon Fillet with New Potatoes & Pantry Tomato Sauce (FI)
Handmade Margherita Pizza with Sweetcorn Rib (GL,MI)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Vegan Fruit Jelly or Fresh Fruit

Chicken & Sweetcorn Wrap (GL,SO,MI)
Squash & Sweet Potato Dahl with Naan Bread & Rice (GL)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Iced Sprinkle Sponge (GL) or Fresh Fruit

FRIDAY

Breaded Fillet of Fish with Chips (GL,FI)
Veggie Fajita with Chips (GL)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Apple & Raisin Biscuit (GL) or Fresh Fruit

Fish Fingers with Chips (GL,FI)
Falafel with Chips (GL)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Chocolate Brownie (GL) or Fresh Fruit

Breaded Fillet of Fish with Chips (GL,FI)
Loaded Bean & Veggie Chilli with Chips (GL,MI,SO)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Sandwiches-Egg (GL,EG,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Soft Baked Chocolate Cookie (GL) or Fresh Fruit

VEGETABLES, SALAD, BREAD, AVAILABLE DAILY

HALAL & NON-HALAL MEAT IS SERVED HERE

BREAD CONTAINS - GL - MI - EG - SO

ALLERGY KEY
CELERY - CE / GLUTEN - GL / CRUSTACEANS - CR / EGGS - EG / FISH - FI / LUPIN - LU / MILK - MI
MOLLUSCS - MO / MUSTARD - MU / NUTS - NU / PEANUTS - PE / SESAME SEEDS - SE / SOYA - SO / SULPHUR - SU

The Pantry are committed to improving the standards of children's meals across every one of our Schools, and fresh, ethically sourced ingredients are used every day across our kitchens.

