

Alma Primary, Lunch Menu – Autumn 2021

Week	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK A	MAIN				
	Meatballs & rice	Chicken Schnitzel & new potatoes	Spaghetti bolognaise	Roast turkey & roast potatoes with gravy	Fish fingers and chips
	VEGETARIAN				
	Veg burger & rice	Borekas	Spaghetti & tomato sauce	Falafel, pitta, houmous	Veg nuggets and chips
	ALLERGEN – ALL ITEMS ON ALLERGEN MENU ARE GLUTEN FREE				
	Pasta & tomato sauce	Falafel, pitta, houmous	Pasta bolognaise	Roast turkey & roast potatoes	Pasta with tomato sauce
WEEK B	MAIN				
	Burger in roll with new potatoes	Chicken & rice	Sausages & mash	Roast chicken & roast potatoes with gravy	Falafel, pitta, houmous
	VEGETARIAN				
	Veg burger in a roll with new potatoes	Veg nuggets with rice	Falafel, pitta, houmous	Soya roll with roast potatoes	Falafel, pitta, houmous
	ALLERGEN – ALL ITEMS ON ALLERGEN MENU ARE GLUTEN FREE				
	Pasta with tomato sauce	Chicken & rice	Falafel, pitta, houmous	Roast chicken & roast potatoes	Falafel, pitta, houmous
Pre-ordered alternative	Pasta or Jacket Potato (plain, tomato sauce, baked beans, tuna, sweetcorn)	Pasta or Jacket Potato (plain, tomato sauce, baked beans, tuna, sweetcorn)	Pasta or Jacket Potato (plain, tomato sauce, baked beans, tuna, sweetcorn)	Pasta or Jacket Potato (plain, tomato sauce, baked beans, tuna, sweetcorn)	Pasta or Jacket Potato (plain, tomato sauce, baked beans, tuna, sweetcorn)
Dessert	Fruit	Fruit	Wow Wednesday Surprise	Fruit	Fruit

Please note that from time to time our chef may have to make last minute changes, if the need arises.
 Changes from main to vegetarian (or vice versa) or to pre-ordered options can only be made at the beginning of each half term.
 The allergen alternative is specifically for those requiring adjustments for medical reasons.