

# Galileo Multi Academy Trust Menu – Ings Farm Primary School

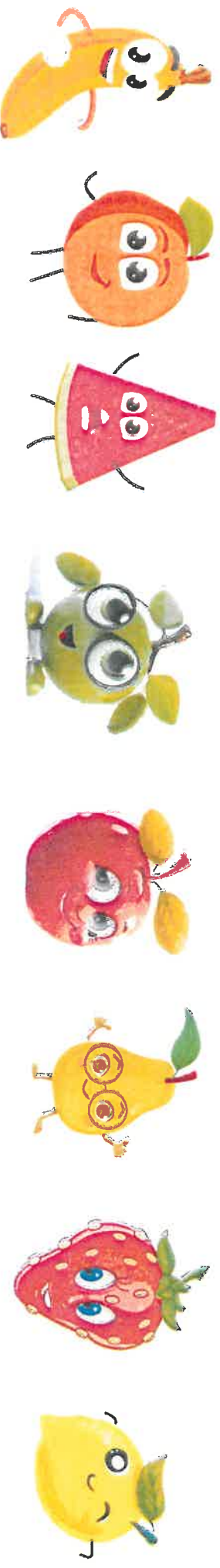
Wc 24.06.24; 15.07.24; 16.09.24; 07.10.24; 04.11.24; 25.01.24; 16.12.24; 20.01.25; 10.02.25

WEEK 1	MEAT FREE MONDAY	TRADITIONAL TUESDAY	PIZZA WEDNESDAY	DINNER DAY THURSDAY	FISHY FRIDAY
<b>MAIN CHOICES</b>	♥ V Simple Tomato Pasta (CG)	Chinese Style Chicken Curry & Rice (CG, M)	Meat Feast Pizza (CG, M) V Pinwheel Pizza (CG, M)	♥ Roast Pork & Yorkshire pudding (CG, F, M) & Gravy	♥ V Simple Tomato Pasta (CG, F)
<b>POTATOES &amp; VEGETABLES</b>	♥ V Cheesy Wrap (CG)	V Mac 'n' Cheese (CG, M) V Garlic Bread Slice (CG, M)	V Quiche (CG, F, M)	♥ V Quorn Sausages (CG)	♥ V Simple Tomato Pasta (CG)
	Potatoes Wedges Mixed Salad Broccoli	Garden Peas Sweetcorn	Herby Diced Potatoes Baked Beans Creamy Coleslaw (F, may M)	Roast Potatoes Fresh Carrots Fresh Cabbage	Chipped Potatoes Mushy Peas Baked Beans
	Baked Potatoes including Cheese (M), Baked Beans, Tuna Mayo (F, M)				
	Salad Items – crisp and fresh, including lettuce, carrot, peppers, spinach, tomato, cucumber, celery, homemade coleslaw				
<b>DESSERT</b>	♥ V Apple Flapjack (may CG)	V Ice Cream Tub (M)	V Chocolate Beetroot Cake (CG, F)	V Syrup Sponge (CG, F) & Custard (M)	V Peachy Muffin (CG, F)
	V Yoghurt (M)	V Fresh Cut Fruit	V Yoghurt (M)	V Fresh Cut Fruit	V Yoghurt (M)
	ALSO AVAILABLE DAILY - Freshly baked Crusty Bread & Sliced Whole meal Bread				
	SPECIAL DIET REQUIREMENTS - Please speak to our Catering Manager regarding your specific dietary needs				

## FOOD ALLERGIES AND INTOLERANCES

Before choosing your meal, please speak to a member of the catering staff about your requirements

Celery C, Cereals containing Gluten CG Crustaceans C, Eggs E, Fish F, Lupin L Milk M, Molluscs M, Mustard M, Nuts N Peanuts P, Sesame Seeds SS, Soya S, Sulphur Dioxide SD  
 ♥ Healthier Option, ♣ Vegan, V Vegetarian, ♣ Contains Wholewheat/Wholegrain



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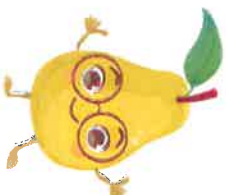
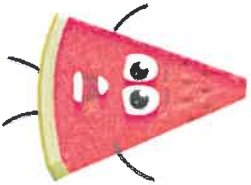
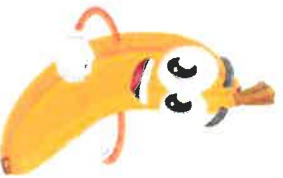
WC 01.07.24; 02.09.24; 23.09.24; 14.10.24; 11.11.24; 02.12.24; 06.01.25; 27.01.25; 17.02.25

WEEK 2	MEAT FREE MONDAY	TRADITIONAL TUESDAY	PIZZA WEDNESDAY	DINNER DAY THURSDAY	FISHY FRIDAY
<b>MAIN CHOICES</b>	V Cheese Pastry Slice (CG, may E, M)	V Spaghetti Bolognese (CG) V Quorn Sausages (CG)	Ham & Cheese Pizza (CG, M) V Pinwheel Pizza (CG, M)	V Baked Gammon Yorkshire Pudding (CG, E, M) & Gravy with Mash Potato V Veggie Pasta (CG) V Garlic Bread Slice (CG, M)	Fish Cake (CG, F)
<b>POTATOES &amp; VEGETABLES</b>	Herby Diced Potatoes Baked Beans Fresh Carrots	Potato Wedges Broccoli Cauliflower	Roast Potatoes Creamy Coleslaw (E, may M) Rainbow Salad	Mashed Fresh Turnip Fresh Carrots	Chipped Potatoes Baked Beans Garden Peas
Baked Potatoes including Cheese (M), Baked Beans, Tuna Mayo (F, M)					
Salad Items – crisp and fresh, including lettuce, carrot, peppers, spinach, tomato, cucumber, celery, homemade coleslaw					
<b>DESSERT</b>	V Frosted Carrot Cake (CG, E)	V Fresh Apple Cake (CG, E) & Custard (M)	V Jam Tart (CG)	V Iced Chocolate Brownie (CG, E, may M)	V Oaty Sultana Cookie (CG)
	V Fresh Cut Fruit	V Yoghurt (M)	V Fresh Cut Fruit	V Yoghurt (M)	V Fresh Cut Fruit
ALSO AVAILABLE DAILY - Freshly baked Crusty Bread & Sliced Whole meal Bread					
SPECIAL DIET REQUIREMENTS - Please speak to our Catering Manager regarding your specific dietary needs					

## FOOD ALLERGIES AND INTOLERANCES

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Celery C, Cereals containing Gluten CG Crustaceans C, Eggs E, Fish F, Lupin L Milk M, Molluscs M, Mustard M, Nuts N Peanuts P, Sesame Seeds SS, Soy S, Sulphur Dioxide SD  
 V Healthier Option, V Vegan, V Vegetarian, V Contains Wholewheat/Wholegrain



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WC 08.07.24; 09.09.24; 30.09.24; 21.10.24; 18.11.24; 09.12.24; 13.01.25; 03.02.25

WEEK 3	MEAT FREE MONDAY	TRADITIONAL TUESDAY	PIZZA WEDNESDAY	DINNER DAY THURSDAY	FISHY FRIDAY
<b>MAIN CHOICES</b> ♥ V Chinese Style Veggie Curry & Rice (CG, M) ♣ V Veggie Sausages (CG)	♣ Homemade Chicken & Vegetable Pie (CG, M) ♥ ♣ V Spaghetti in Tomato Sauce (CG)	Pepporoni Pizza Slice (CG, M) V Pizza Slice (CG, M) Beef Burger in a Bun (CG)	Savoury Mince (CG) & Dumpling (CG, M) Mashed Potato ♥ ♣ V Rustic Tomato Pasta (CG) V Garlic Bread Slice (CG, M)	Fish in Crispy Batter (CG, F) Chicken Nuggets (CG) ♣ V Veggie Fingers (CG)	
<b>POTATOES &amp; VEGETABLES</b> Potato Wedges Mixed Salad Green Beans	Herby Diced Potatoes Sweetcorn Fresh Carrots	Roast Potatoes Baked Beans Sliced Salad	Fresh Carrots Broccoli	Chipped Potatoes Garden Peas Baked Beans	
<b>Baked Potatoes including Cheese (M), Baked Beans, Tuna Mayo (F, M)</b> <b>Salad Items – crisp and fresh, including lettuce, carrot, peppers, spinach, tomato, cucumber, celery, homemade coleslaw</b>					
<b>DESSERT</b> Mousse (M) V Fresh Cut Fruit	V Chocolate Crispy (may CG, M) V Yoghurt (M)	V Sticky Toffee Pudding (CG, F, M) & Custard (M) V Fresh Cut Fruit	♣ V Flapjack (may CG) V Yoghurt (M)	V Funfetti Biscuit (CG) V Fresh Cut Fruit	
<b>ALSO AVAILABLE DAILY - Freshly baked Crusty Bread &amp; Sliced Whole meal Bread</b> <b>AL DIET REQUIREMENTS - Please speak to our Catering Manager regarding your specific dietary needs</b>					

## FOOD ALLERGIES AND INTOLERANCES

Before choosing your meal, please speak to a member of the catering staff about your requirements

Celery C, Cereals containing Gluten CG Crustaceans C, Eggs E, Fish F, Lupin L Milk M, Molluscs M, Mustard M, Nuts N Peanuts P, Sesame Seeds SS,

♥ Healthier Option, ♣ Vegan, ♣ V Vegetarian, ♣ Contains Wholewheat/Wholegrain

