

INGS FARM PRIMARY SCHOOL MENU

wc 03.03.25; 24.03.25; 28.04.25; 19.05.25; 16.06.25; 07.07.25; 08.09.25; 29.09.25; 20.10.25

WEEK 1	MEAT FREE MONDAY	TRADITIONAL TUESDAY	PIZZA WEDNESDAY	DINNER DAY THURSDAY	FISHY FRIDAY
MAIN CHOICES	♥ V Simple Tomato Pasta (CG)	Chinese Style Chicken Curry & Rice (CG, M)	Meaty Pizza (CG, M) V Margherita Pizza (CG, M)	♥ Roast Turkey & Yorkshire pudding (CG, E, M) & Gravy Oven Baked Sausages (CG, SD, S) Gravy V Veggie Sausages (CG) V Veggie Gravy	Fish in Crispy Batter (CG, F) Salmon/Cod Fish Fingers (CG, F)
POTATOES & VEGETABLES	V Enchiladas (CG, M) Potatoes Wedges Mixed Salad Broccoli	V Mac 'n' Cheese (CG, M) V Garlic Bread Slice (CG, M) Garden Peas Sweetcorn	V Quiche (CG, E, M) Crispy Potato Cubes Baked Beans Coleslaw (E, may M)	Roast Potatoes Fresh Carrots Fresh Cabbage	♥ V Rustic Tomato Pasta (CG) Chipped Potatoes Mushy Peas Spaghetti Hoops (CG)
Baked Potatoes including Cheese (M), Baked Beans, Tuna Mayo (F, E, M)					
Salad Items – crisp and fresh, including lettuce, carrot, pepper, spinach, tomato, cucumber, celery, homemade coleslaw (E, may M)					
DESSERT	♣ V Apple Flapjack (may CG) V Yoghurt (M)	V Ice Cream Slice (M) V Fresh Cut Fruit	V Chocolate Beetroot Cake (CG, E) V Yoghurt (M)	V Jam Sponge (CG, E) & Custard (M) V Fresh Cut Fruit	V Lemon Drizzle Cake (CG, E) 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					

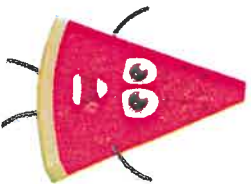
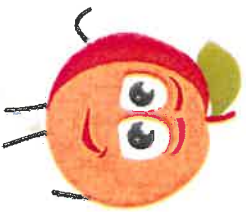
FOOD ALLERGIES AND INTOLERANCES

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



INGS FARM PRIMARY SCHOOL MENU

w/c 10.03.25; 31.03.25; 05.05.25; 02.06.25; 23.06.25; 14.07.25; 15.09.25; 06.10.25

WEEK 2	MEAT FREE MONDAY	TRADITIONAL TUESDAY	PIZZA WEDNESDAY	DINNER DAY THURSDAY	FISHY FRIDAY
MAIN CHOICES	V Cheese Pasty (CG, may E, M) ♥ V Tomato Pasta (CG)	♥ Spaghetti Bolognese (CG) Oven Baked Sausages (CG, SD, S) Gravy V Veggie Sausages (CG) V Veggie Gravy	Ham & Cheese Pizza (CG, M) V Margherita Pizza (CG, M)	♥ Baked Gammon Yorkshire Pudding (CG, E, M) & Gravy with Mash Potato ♥ V Veggie Pasta (CG) V Garlic Bread Slice (CG, M)	Fish in Crispy Batter (CG, F) V Veggie Nuggets (CG)
POTATOES & VEGETABLES	Crispy Potato Cubes Baked Beans Fresh Carrots	Potato Wedges Broccoli Cauliflower	Roast Potatoes Creamy Coleslaw (E, may M) Sweetcorn	Mashed Fresh Turnip Fresh Carrots	Chipped Potatoes Baked Beans Garden Peas
Baked Potatoes including Cheese (M), Baked Beans, Tuna Mayo (F, E, M) Salad Items – crisp and fresh, including lettuce, carrot, peppers, spinach, tomato, cucumber, celery, homemade coleslaw (E, may M)					
DESSERT	V Iced Carrot Cake (CG, E) V Fresh Cut Fruit	V Apple Crumble (CG) & Custard (M) V Yoghurt (M)	V Pink Slice (CG) V Fresh Cut Fruit	V Iced Chocolate Brownie (CG, E, may M) V Yoghurt (M)	V Oaty Sultana Cookie (CG) 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					

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



INGS FARM PRIMARY SCHOOL MENU

wc 17.03.25; 07.04.25; 12.05.25; 09.06.25; 30.06.25; 01.09.25; 22.09.25; 13.10.25

WEEK 3	MEAT FREE MONDAY	TRADITIONAL TUESDAY	PIZZA WEDNESDAY	DINNER DAY THURSDAY	FISHY FRIDAY
MAIN CHOICES	<ul style="list-style-type: none"> ♥ V Spaghetti Bolognese (CG) ♥ V Chinese Style Veggie Curry & Rice (CG, M) 	<ul style="list-style-type: none"> Homemade Chicken & Vegetable Pie (CG, M) Beef Burger in a Bun (CG) 	<ul style="list-style-type: none"> Pepperoni Pizza (CG, M) V Margherita Pizza (CG, M) Pasta with Meatballs (CG) 	<ul style="list-style-type: none"> Savoury Mince (CG) & Dumpling (CG, M) Mashed Potato ♥ V Simple Tomato Pasta (CG) V Garlic Bread Slice (CG, M) 	<ul style="list-style-type: none"> Fish in Crispy Batter (CG, F) Chicken Nuggets (CG) V Quorn Sausages (CG)
POTATOES & VEGETABLES	<ul style="list-style-type: none"> Potato Wedges Mixed Salad Spaghetti Hoops (CG) 	<ul style="list-style-type: none"> Crispy Potato Cubes Sweetcorn Fresh Carrots 	<ul style="list-style-type: none"> Roast Potatoes Baked Beans Sliced Salad 	<ul style="list-style-type: none"> Fresh Carrots Broccoli 	<ul style="list-style-type: none"> Chipped Potatoes Garden Peas Creamy Coleslaw (E, may M)
<p>Baked Potatoes including Cheese (M), Baked Beans, Tuna Mayo (F, E, M)</p> <p>Salad Items – crisp and fresh, including lettuce, carrot, peppers, spinach, tomato, cucumber, celery, homemade coleslaw (E, may M)</p>					
DESSERT	<ul style="list-style-type: none"> Fruit Jelly Mousse Slice (M) V Fresh Cut Fruit 	<ul style="list-style-type: none"> V Chocolate Crispy (may CG, M) V Yoghurt (M) 	<ul style="list-style-type: none"> V Sticky Toffee Pudding (CG, F, M) & Custard (M) V Fresh Cut Fruit 	<ul style="list-style-type: none"> V Jam Sponge Cake (CG, E) V Yoghurt (M) 	<ul style="list-style-type: none"> V Funfetti Biscuit (CG) V Fresh Cut Fruit
<p>ALSO AVAILABLE DAILY - Freshly baked Crusty Bread & Sliced Whole meal Bread</p> <p>AL DIET REQUIREMENTS - Please speak to our Catering Manager regarding your specific dietary needs</p>					

FOOD ALLERGIES AND INTOLERANCES

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