

Galileo Multi Academy Trust Primary School Menu (Ings Farm)

wc 17.11.25; 08.12.25; 12.01.26; 02.02.26; 02.03.26; 23.03.26

WEEK 1	MEAT FREE MONDAY	TRADITIONAL TUESDAY	PIZZA WEDNESDAY	DINNER DAY THURSDAY	FISHY FRIDAY
MAIN CHOICES	♥ V Simple Tomato Pasta (CG) V Quorn Dippers (CG)	Chinese Style Chicken Curry & Rice (CG, M, may M) ♥ V Spaghetti Bolognaise (CG)	Meaty Pizza (CG, M) V Margherita Pizza (CG, M) V Quorn Sausages (CG)	♥ Roast Pork & Yorkshire pudding (CG, E, M) & Gravy Mashed Potatoes V Mac 'n' Cheese (CG, M) V Garlic Bread Slice (CG, may M)	Fish in Crispy Batter (CG, F) V Quiche (CG, E, M)
POTATOES & VEGETABLES	Potatoes Wedges Garden Peas Sweetcorn	Green Beans Carrots	Crispy Potato Cubes (CG) Baked Beans Coleslaw (E, may M)	Fresh Carrots Broccoli	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, peppers, spinach, tomato, cucumber, celery, homemade coleslaw (E, may M)					
DESSERT	V Arctic Roll (CG, E, M, S) V Yoghurt (M)	V Sultana Cookie (CG) V Fresh Cut Fruit	V Chocolate Beetroot Cake (CG, E) V Yoghurt (M)	V Jam Sponge (CG, E, may M) & Custard (M) V Fresh Cut Fruit	V Shortbread (CG) 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



Galileo Multi Academy Trust Primary School Menu (Ings Farm)

wc 03.11.25; 24.11.25; 15.12.25; 19.01.26; 09.02.26; 09.03.26; 30.03.26

WEEK 2	MEAT FREE MONDAY	TRADITIONAL TUESDAY	PIZZA WEDNESDAY	DINNER DAY THURSDAY	FISHY FRIDAY
MAIN CHOICES	V Homemade Cheese, Onion & Potato Pie (CG, may E, M) ♥ V 🌿 Veggie Pasta (CG) V Garlic Bread Slice (CG, may M)	♥ Spaghetti Bolognese (CG) Oven Baked Sausages (CG, SD, S) V Gravy V Sausages available (CG) Mashed Potatoes	Ham & Cheese Pizza (CG, M) V Margherita Pizza (CG, M) ♥ Spanish Chicken Stew	♥ Baked Gammon Yorkshire Pudding (CG, E, M) & Gravy with Mash Potato ♥ V Cottage Pie	Salmon/Cod Fish Fingers (CG, F) V Mac 'n' Cheese (CG, M)
POTATOES & VEGETABLES	Potato Wedges Baked Beans Garden Peas	Broccoli Fresh Carrots	Roast Potatoes Creamy Coleslaw (E, may M) Sweetcorn	Green Beans 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 Sticky Toffee Pudding (CG, E, M) & Custard (M) V Yoghurt (M)	🌿V Pink Slice (CG) V Fresh Cut Fruit	V Arctic Roll (CG, E, M, S) V Yoghurt (M)	🌿V Oaty 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					

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



Galileo Multi Academy Trust Primary School Menu (Ings Farm)

wc 10.11.25; 01.12.25; 05.01.26; 26.01.26; 16.02.26; 16.03.26

WEEK 3	MEAT FREE MONDAY	TRADITIONAL TUESDAY	PIZZA WEDNESDAY	DINNER DAY THURSDAY	FISHY FRIDAY
MAIN CHOICES	♥🌿V Rustic Tomato Pasta (CG) V Cheese Panini (CG, may SS, M)	Sausage Roll (CG, M, S, SD) Tomato Ketchup V Mac 'n' Cheese (CG, M)	Pepperoni Pizza (CG, M) V Margherita Pizza (CG, M) ♥🌿V Chilli NON-Carne & Rice	Savoury Mince (CG) & Dumpling (CG, M, may, E, may S) Mashed Potato ♥🌿V Simple Tomato Pasta (CG) V Garlic Bread Slice (CG, may M)	Fish in Crispy Batter (CG, F) V Quorn Sausages (CG)
POTATOES & VEGETABLES	Potato Wedges Mixed Salad Spaghetti Hoops (CG)	Roast Potatoes Sliced Salad Baked Beans	Roast Potatoes Green Beans Sweetcorn	Fresh Carrots Broccoli	Chipped Potatoes Garden Peas Baked Beans
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	Strawberry Mousse (M) V Fresh Cut Fruit	V Chocolate Crispy (may CG, M) V Yoghurt (M)	V Sticky Toffee Pudding (CG, E, M) & Custard (M) V Fresh Cut Fruit	V Jam & Coconut Cake (CG, E, may M) V Yoghurt (M)	V Funfetti Biscuit (CG) V Fresh Cut Fruit
ALSO AVAILABLE DAILY - Freshly baked Crusty Bread & Sliced Whole meal Bread AL 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

