

# Galileo Multi Academy Trust Menu – Ings Farm Primary School

wc 01.06.26; 22.06.26; 13.07.26; 14.09.26; 05.10.26; 03.11.26; 23.11.26

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN CHOICES</b>	Oven Baked Sausages (CG, SD, S)  ♥ 🌱 V Simple Tomato Pasta (CG)	Chinese Style Chicken Curry (CG, M, may M) & 🌾 Rice  ♥ 🌱 V Veggie Spaghetti Bolognese (CG)	Meaty Pizza (CG, M) V Margherita Pizza (CG, M)  Corned Beef Pie (CG, may M) & Gravy	♥ 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 Cheese Panini/Baguette Melt (CG, M)
<b>POTATOES &amp; VEGETABLES</b>	Potatoes Wedges Garden Peas Sweetcorn	V Garlic Bread Slice (CG, may M) Green Beans Fresh 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)					
<b>DESSERT</b>	V Arctic Roll (CG, E, M, S)  V Fresh Cut Fruit	V 🌱 Fruit Crumble (CG) & Custard (M)  V Yoghurt (M)	V Iced Chocolate Cake (CG, E)  V Fresh Cut Fruit	V Pineapple Up-side-down Cake (CG, E) & Custard (M)  V Yoghurt (M)	V 🌱 Shortbread (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 Menu – Ings Farm Primary School

wc 08.06.26; 29.06.26; 31.08.26; 21.09.26; 12.10.26; 09.11.26; 30.11.26

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN CHOICES</b>	Sausage Roll (CG, M, S, SD) Tomato Ketchup (SD)	Savoury Mince (CG) & Dumpling (CG, may, M, E, & S) Mash Potato	Ham & Cheese Pizza (CG, M) V Margherita Pizza (CG, M)	♥ Baked Gammon Yorkshire Pudding (CG, E, M) & Gravy	Salmon/Cod Fish Fingers (CG, F)
<b>POTATOES &amp; VEGETABLES</b>	♥ V Saucy BBQ Pasta (CG)	♥ V Italian Style Tomato Pasta (CG) V Garlic Bread Slice (CG, may M)	Meat Lasagne (CG, M)	V Baked Cheesy Tortilla (CG, M)	Chicken Nuggets (CG) V Veggie Nuggets available (CG)
	Roast Potatoes Baked Beans Garden Peas	Broccoli Fresh Carrots	Potato Wedges Creamy Coleslaw (E, may M) Sweetcorn	Crispy Potato Cubes (CG) Green Beans Fresh Carrots	Chipped Potatoes Spaghetti Hoops (CG) 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)					
<b>DESSERT</b>	V Iced Carrot Cake (CG, E) V Fresh Cut Fruit	V Sticky Toffee Pudding (CG, E, M, may S, SD) & Custard (M) V Yoghurt (M)	V Ice Cream (M) & Warm Chocolate Sauce (M) V Fresh Cut Fruit	V Rice Pudding (M) with Sliced Peaches 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, V Vegan, V Vegetarian, Contains Wholewheat/Wholegrain



# Galileo Multi Academy Trust Menu – Ings Farm Primary School

wc 15.06.26; 06.07.26; 07.09.26; 28.09.26; 19.10.26; 16.11.26

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN CHOICES</b>	Burger in a Bun (CG, SD)	Spaghetti with Meatballs (CG)	Pepperoni Pizza (CG, M) V Margherita Pizza (CG, M)	Toad in the Hole, (CG, M, E) Gravy & Mashed Potato	Fish Cakes (CG, F, M)
	♥ V Rustic Tomato Pasta (CG)	V Quiche (CG, M, E)	♥ Chicken & Veggie Rice Stir Fry (S) Curry Sauce (CG, M, may M)	♥ V Simple Tomato Pasta (CG) V Garlic Bread Slice (CG, may M)	V Cheesy Rissoles (CG, M)
<b>POTATOES &amp; VEGETABLES</b>	Potato Wedges Mixed Salad Spaghetti Hoops (CG)	Crispy Potato Cubes (CG) Fresh Carrots Green Beans	Roast Potatoes Sliced Salad 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)					
<b>DESSERT</b>	V Chocolate Crispy (may CG, M) V Fresh Cut Fruit	Fruit Jelly V Yoghurt (M)	V Jam & Coconut Cake (CG, E, may M) V Fresh Cut Fruit	V Sticky Toffee Pudding (CG, E, M, S, SD) & Custard (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					

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

