

Zest Primary Menu – Cheddar Grove Primary School

September 2023

Key (V) vegetarian (HM) Homemade

Week 1	Meat-Free Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Choices DATES 4 th September 25 th September 16 th October	Tomato and Herb Pasta (V)(HM) or Jacket Potato with Baked Bean and Cheese (V)(HM) Mixed Salad Dessert of the Day Chocolate Chip Cookie	All Day Brunch Sausage, Bacon, Hash Brown & Baked Beans or All Day Veggie Brunch Veggie Sausages, Hash Brown & Baked Beans (V) Dessert of the Day Carrot Cake	Roast Chicken and Stuffing or Quorn Fillet (V) Roast Potatoes, Carrots, Green Beans and Gravy Dessert of the Day Raspberry Mousse	Mince Beef and Vegetable Pie, topped with Shortcrust Pastry (HM) or Cheese and Tomato Pinwheels (V)(HM) Mashed Potatoes and Broccoli Dessert of the Day Flapjack (HM)	Breaded Cod Bites Or Quorn Dippers (V) Chipped Potatoes, Baked Bean or Peas Dessert of the Day Ice Cream Pot
Week 2	Meat-Free Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Choices DATES 11 th September 2 nd October	Margarita Pizza (V) or Ratatouille Pasta Bake (V)(HM) Potato Wedges and Mixed Salad Dessert of the Day Raspberry Ripple Ice Cream Roll (V)	Chicken Curry (HM) or Vegetable Curry (V)(HM) Basmati Rice and Mixed Vegetables Dessert of the Day Red Velvet Chocolate Brownie (V)(HM)	Roast Turkey and Stuffing or Vegetable Pasty (V)(HM) Roast Potatoes, Carrots, Cabbage and Gravy Dessert of the Day Shortbread Finger (V)(HM)	Breaded Chicken Fillet or Quorn Buttermilk Style Burger (V) Served in a Flour Bap and Shredded Lettuce Herby Diced Potatoes & Sweetcorn Dessert of the Day Oaty Fruit Bar (V)(HM)	Breaded Cod Fillet Fish Fingers or Vegetable Nuggets (V) Chipped Potatoes, Baked Bean or Peas Dessert of the Day Toffee Yoghurt Ice Cream Pot (V)
Week 3	Meat-Free Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Choices DATES 18 th September 9 th October	Creamy Three Cheese Pasta Twists (V)(HM) or Roasted Vegetable Fajita Wrap (V)(HM) Garlic Bread and Mixed Salad Dessert of the Day Melon Wedges (V)	Battered Chicken Breast Bites or BBQ Pulled Quorn Burger (V) Potato Wedges and Sweetcorn Dessert of the Day Iced Vanilla Sprinkle Sponge (V)(HM)	Roast Beef and Yorkshire Pudding or Cheese and Potato Pie (V)(HM) Roast Potatoes, Carrots, Broccoli and Gravy Dessert of the Day Jelly (V)(HM)	Pork Sausages or Vegetable Sausage Roll (V)(HM) Mashed Potatoes and Peas Dessert of the Day Chocolate and Orange Marble Cake (V)(HM)	Battered Cod Fillet or Quorn Fish-less Finger (V) Chipped Potatoes, Baked Bean or Sweetcorn Dessert of the Day Ice Cream Pot (V)