

AMEY 2024-2025 PRIMARY MENU

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Soups	Cajun carrot and pepper soup served with bread (ve)	Potato soup served with bread (ve)	Vegetable soup served with bread (ve)	Tomato soup served with bread (ve)	Packed lunch
Choice 1	Plant based hot dog in a finger roll served with potato wedges and sweetcorn cobs (ve)	Bubble coated salmon served with baby potatoes, peas and carrots	Homemade cook's chicken breast curry served with wholegrain rice and broccoli	Home Comforts – Butcher's pork sausage served with mashed potatoes, green beans and carrots	Rolls or sandwich filled with: Cheese (v) Tuna mayo Chicken breast slice Egg mayo (v)
Choice 2	Cowboy beans served with potato wedges and sweetcorn cobs (ve)	Neapolitan pasta (ve) served with carrots, peas and crusty bread (v)	Cheese and tomato pizza served with chips, homemade coleslaw and broccoli (v)	Quorn Best of British sausage served with mashed potatoes, green beans and carrots (ve)	
Choice 3	Baked potato with a choice of fillings	Baked potato with a choice of fillings	Baked potato with a choice of fillings	Baked potato with a choice of fillings	
Dessert	Yogurt and fruit	Chocolate and beetroot cake	Yogurt and fruit	Yogurt and fruit	Fresh fruit Yoghurt Cheese Crudit�
Comments	<p>All soups are vegan, homemade and served with a selection of wholemeal breads.</p> <p>Salad selection available every day</p> <p>(v) = vegetarian (ve) = vegan</p>				

AMEY 2024-2025 PRIMARY MENU

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Soups	Pea soup served with bread (ve)	Lentil soup served with bread (ve)	Carrot soup served with bread (ve)	Vegetable soup served with bread (ve)	Packed lunches
Choice 1	Quorn burger in a wholemeal roll served with paprika dusted potato wedge, cherry tomatoes and sliced peppers (ve)	Roast chicken dinner served with mashed or boiled potatoes, carrots, peas and a Yorkshire pudding	Butcher's Scotch beef cottage pie served with fresh cabbage and carrots	Breaded pollock fish served with chips, peas, and sweetcorn	Rolls or sandwich filled with: Cheese (v) Tuna mayo Chicken breast slice Egg mayo (v)
Choice 2	Mild veggie chilli served with wholegrain rice, cherry tomatoes and sliced peppers (ve)	Roast Quorn sausage dinner served with mashed or boiled potatoes, carrots, peas and a Yorkshire pudding (v)	Homemade vegetable and lentil cottage pie served with fresh cabbage and carrots (ve)	Macaroni cheese served with fresh peas, sweetcorn and crusty bread (v)	
Choice 3	Baked potato with a choice of fillings	Baked potato with a choice of fillings	Baked potato with a choice of fillings	Baked potato with a choice of fillings	
Dessert	Fruit Fruit yogurt	Fruit Frozen yogurt	Fruit Fruit yogurt	Fruit Fruit yogurt	Fresh fruit Yogurt Cheese Crudit�
Comments	<p>All soups are vegan, homemade and served with a selection of wholemeal breads.</p> <p>Salad selection available every day</p> <p>(v) = vegetarian (ve) = vegan</p>				

AMEY 2024-2025 PRIMARY MENU

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Soups	Tomato and basil soup served with bread (ve)	Vegetable soup served with bread (ve)	Lentil soup served with bread (ve)	Carrot soup served with bread (ve)	Packed Lunches
Choice 1	Quorn spaghetti bolognaise served with peas (v)	Salmon fishcakes served with baby potatoes and green beans	Butcher's beef lasagna served with garlic bread, chips, peas and coleslaw	Homemade chicken and vegetable pie served with fresh broccoli and cauliflower	Rolls or sandwich filled with: Cheese (v) Tuna mayo Chicken breast slice Egg mayo (v)
Choice 2	Vegetarian haggis served with mashed potatoes and peas (ve)	Sweet potato and spinach curry served with wholegrain rice and green beans (ve)	Wholemeal pizza, served with chip, peas and coleslaw (v)	Spinach pasta bake in a creamy sauce served with garlic bread, broccoli and cauliflower (v)	
Choice 3	Baked potato with a choice of fillings	Baked potato with a choice of fillings	Baked potato with a choice of fillings	Baked potato with a choice of fillings	
Dessert	Fruit Yogurt	Fruit Carrot cake	Fruit Yogurt	Fruit Yogurt	Fresh fruit Yogurt Cheese Crudit�
Comments	<p>All soups are vegan, homemade and served with a selection of wholemeal breads.</p> <p>Salad selection available every day</p> <p>(v) = vegetarian (ve) = vegan</p>				

AMEY 2024-2025 PRIMARY MENU

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Soups	Minestrone soup served with bread (ve)	Carrot soup served with bread (ve)	Lentil soup served with bread (ve)	Potato and leek soup served with bread (ve)	Packed lunches
Choice 1	Veggie balls in a Spanish tomato sauce served with baby potatoes and broccoli (ve)	Chicken curry served with wholegrain rice, garlic bread and green beans	Home Comforts – Scotch beef mince in gravy served with mashed potatoes, Yorkshire pudding and mixed vegetables	Breaded pollock fish served with chips, peas, and sweetcorn	Rolls or sandwich filled with: Cheese (v) Tuna mayo Chicken breast slice Egg mayo (v)
Choice 2	Vegetable paella served with garlic bread (v)	Tomato & basil pasta served with garlic bread and green beans (v)	Vegan sausage roll served with baked beans and mixed vegetables (ve)	Stir fried vegetables noodles served with peas and sweetcorn (v)	
Choice 3	Baked potato with a choice of fillings	Baked potato with a choice of fillings	Baked potato with a choice of fillings	Baked potato with a choice of fillings	
Dessert	Seasonal fruit Fruit yogurt	Seasonal fruit Frozen yogurt	Seasonal fruit Fruit yogurt	Seasonal fruit Fruit yogurt	Fresh fruit Yogurt Cheese Crudit�
Comments	<p>All soups are vegan, homemade and served with a selection of wholemeal breads.</p> <p>Salad selection available every day</p> <p>(v) = vegetarian (ve) = vegan</p>				