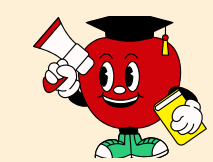


SOUTHWOOD PRIMARY SCHOOL MENU



DATES: 23RD FEB, 9TH MAR, 23RD MAR, 20TH APRIL, 4TH MAY, 18TH MAY, 8TH JUNE, 22ND JUNE, 6TH JULY, 20TH JULY.

WEEK ONE

THEME DAYS

HAPPY MONDAY

MAINS

Crunchy Bean Burger (V) (G, SE)

Classic Beef Burger (G, SO, SU, SE)

PASTA

Pasta & Tomato Sauce (G, SO, MU)

SIDE

Potato Wedges

Coleslaw

Sweetcorn

DESSERT

Smoothie ice Cream (MK)

TUESDAY PASTA KING

MAINS

Wholesome Mac and Cheese (V) (MK, G, SO)

Classic Beef Bolognese (NO ALLERGENS)

PASTA

Pasta & Tomato Sauce (G, SO, MU)

SIDE

Baked Garlic Broccoli

Wholemeal Pasta (G,SO,MU)

DESSERT

Sticky Date Biscuit (G, SO)

GO GREEN WEDNESDAY

MAINS

Crispy Margherita Pizza (V) (MK,G,SO)

Vegetable Sweet & Sour Noodles Stir Fry (G,SO)

PASTA

Pasta & Tomato Sauce (G, SO, MU)

SIDE

Green Beans

Sweetcorn

Garlic Bread (CE, MK, G)

DESSERT

Banana & Lentil Cake (G,SO,E)

THURSDAY ROAST

MAINS

Vegan Sausage Rolls (G)

Peri Peri Chicken (NO ALLERGENS)

PASTA

Pasta & Tomato Sauce (G, SO, MU)

SIDE

Honey Roast Parsnip & Carrot

Yorkshire Pudding (G,MK,E)

Mash Potato (MK)

Gravy

DESSERT

Peach Jelly Trifle (MK)

FRIDAY FUN DAY

MAINS

Vegan Nuggets (G)

Battered Fish Fillet (G,F)

PASTA

Pasta & Tomato Sauce (G, SO, MU)

SIDE

Oven Baked Chips

Peas

Baked Beans

Curry Sauce (CE,MU)

DESSERT

Fresh Fruit (NO ALLERGENS)

MARCH

17th March 2026
St. Patricks Day

24th March 2026
Easter Lunch

APRIL

23rd April 2026
St. George Day

MAY

21st May 2026
Census Day

JUNE

11th June 2026
Taste of Summer

JULY

16th July 2026
Picnic Day

AVAILABLE DAILY

Sandwiches Selection

Freshly Baked Bread

Low fat Yoghurts

Jacket Potato Available Daily

Seasonal Fresh Fruit

Locally sourced salad bar

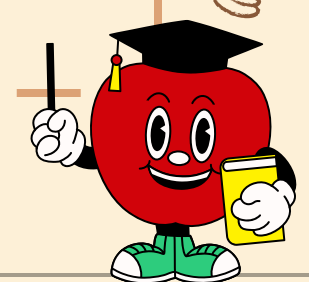
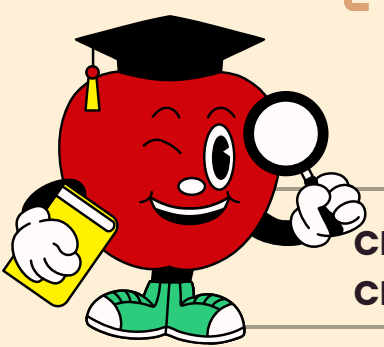
V: VEGETARIAN

VE: VEGAN

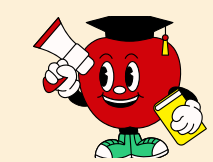
ALLERGEN INFO

ALL MEAT PRODUCTS SERVED ARE HALAL/NON-HALAL

- CE = CELERY
- E = EGGS
- G = GLUTEN
- MK = MILK
- MU = MUSTARD
- P = PEANUTS
- SO = SOYA
- CR = CRUSTACEAN
- F = FISH
- L = LUPIN
- MO = MOLLUSCS
- N = NUTS
- SE = SESAME SEEDS
- SU = SULPHITES



SOUTHWOOD PRIMARY SCHOOL MENU



DATES: 2ND MAR, 16TH MAR, 13TH APRIL, 27TH APRIL, 11TH MAY, 1ST JUNE, 15TH JUNE, 29TH JUNE, 13TH JULY.

WEEK TWO

THEME DAYS

MARCH
 17th March 2026
 St. Patricks Day
 24th March 2026
 Easter Lunch

APRIL
 23rd April 2026
 St. George Day

MAY
 21st May 2026
 Census Day

JUNE
 11th June 2026
 Taste of Summer

JULY
 16th July 2026
 Picnic Day

HAPPY MONDAY

| |
|--|
| MAINS Pork Sausage with Root Mashed Potato (MK, SU, G) Veggie Sausage Sizzle with Root Mashed Potato (MK, MU, G) Chicken Sausage with Root Mashed Potato (MK, SU, G) |
| PASTA Pasta & Tomato Sauce (G, SO, MU) |
| SIDE Steamed Peas Gravy |
| DESSERT Smoothie ice Cream (MK) |

TUESDAY PASTA KING

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| MAINS Vegetable Jambalaya (MU) Chinese Lemon Chicken (NO ALLERGENS) |
| PASTA Pasta & Tomato Sauce (G, SO, MU) |
| SIDE Steamed Cabbage Carrot Rice |
| DESSERT Pineapple Upside Down Cake (G, SO, E) |

GO GREEN WEDNESDAY

| |
|--|
| MAINS Crispy Margherita Pizza (MK, G, SO) Roasted Vegetable & Five Bean Enchilada (MK, G) |
| PASTA Pasta & Tomato Sauce (G, SO, MU) |
| SIDE Sweetcorn Garlic Bread (MK, SE, G) |
| DESSERT Rhubarb and Apple Crumble (G, SO) with Custard (MK) |

THURSDAY ROAST

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| MAINS Vegetable Cottage Pie (MK) Traditional Roast Chicken (NO ALLERGENS) |
| PASTA Pasta & Tomato Sauce (G, SO, MU) |
| SIDE Roast Potatoes Honey Roast Parsnip & Carrots Yorkshire Pudding (G, MK, E) Gravy |
| DESSERT Peach Jelly Trifle (MK) |

FRIDAY FUN DAY

| |
|---|
| MAINS Mexican Three Bean Tacos (MU, G) Classic Fish Fingers (G, F) |
| PASTA Pasta & Tomato Sauce (G, SO, MU) |
| SIDE Oven Baked Chips Peas Baked Beans Curry Sauce (CE, MU) |
| DESSERT Fresh Fruit (NO ALLERGENS) |

AVAILABLE DAILY

Sandwiches Selection
 Freshly Baked Bread

Low fat Yoghurts
 Jacket Potato Available Daily

Seasonal Fresh Fruit
 Locally sourced salad bar

V: VEGETARIAN
 VE: VEGAN

ALL MEAT PRODUCTS SERVED ARE HALAL/NON-HALAL

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