

PRIMARY

SCHOOL

MENU

BOWES NEW SOUTHGATE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MEAT

Halal Choice

Beef Pasta Bolognaise
(GL)Chicken & Peppers Pizza
with Garlic Bread
(GL-MI-SO)Roast Chicken with Diced
Roast Potatoes & GravyHot Chicken & Cheese
Panini
(GL-MI-SO-MU-SE)Fish Fingers with Chips
& Tomato Sauce
(GL-FI)VEGETARIAN
ChoiceMac & Cheese
(GL-MI-MU)Margherita Pizza
with Garlic Bread
(GL-MI-SO)Shepherdess Pie
(GL)Hot Cheese Panini
(GL-MI-SO-MU-SE)Vegan Sausage with
Chips & Tomato Sauce
(SO)

PASTA

Tomato Pasta
(GL)Tomato Pasta
(GL)Tomato Pasta
(GL)Tomato Pasta
(GL)Tomato Pasta
(GL)JACKET
POTATOCheese, Beans or Tuna
(MI-FI)Cheese, Beans or Tuna
(MI-FI)Cheese, Beans or Tuna
(MI-FI)Cheese, Beans or Tuna
(MI-FI)Cheese, Beans or Tuna
(MI-FI)

SANDWICH

Egg, Cheese or Tuna
(GL-SO-MI-FI-EG)Egg, Cheese or Tuna
(GL-SO-MI-FI-EG)Egg, Cheese or Tuna
(GL-SO-MI-FI-EG)Egg, Cheese or Tuna
(GL-SO-MI-FI-EG)Egg, Cheese or Tuna
(GL-SO-MI-FI-EG)

VEGETABLES

Mixed Vegetables

Mixed Vegetables

Mixed Vegetables

Mixed Vegetables

Baked Beans & Peas

DESSERT

Fruit Yoghurt
(MI)Chocolate Cake
(GL-EG)Oaty Cookie
(GL)

Fruit Jelly

Dessert Selection
(GL-EG-MI)

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BREAD CONTAINS - GL - MI - EG - SO



ALLERGY KEY

CELERY - CE / GLUTEN - GL /
CRUSTACEANS - CR / EGGS - EG /
FISH - FI / LUPIN - LU / MILK - MI
MOLLUSCS - MO / MUSTARD - MU /
NUTS - NU / PEANUTS - PE /
SESAME SEEDS - SE SOYA - SO /
SULPHUR - SU



FRESH FRUIT AVAILABLE EVERY DAY
FRESH BREAD AVAILABLE EVERY DAY
SALAD BAR AVAILABLE EVERY DAY



PRIMARY

SCHOOL

M E N U

BOWES NEW SOUTHGATE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MEAT
Halal Choice

Chicken & Beef
Sausages with Mash
(GL-SU)

Chicken & Sweetcorn
Pizza with Garlic Bread
(GL-MI-SO)

Roast Turkey with Diced
Roast Potatoes & Gravy

Chicken Curry
with Rice

Fish Fingers with Chips
& Tomato Sauce
(GL-FI)

VEGETARIAN
Choice

Quorn Sausage & Mash
(GL-EG-MI)

Margherita Pizza
with Garlic Bread
(GL-MI-SO)

Vegetable & Potato Pie
with Gravy

Vegetable Curry
with Rice

Vegetable Chilli
with Chips
(SO-GL)

PASTA

Tomato Pasta
(GL)

Tomato Pasta
(GL)

Tomato Pasta
(GL)

Tomato Pasta
(GL)

Tomato Pasta
(GL)

**JACKET
POTATO**

Cheese, Beans or Tuna
(MI-FI)

Cheese, Beans or Tuna
(MI-FI)

Cheese, Beans or Tuna
(MI-FI)

Cheese, Beans or Tuna
(MI-FI)

Cheese, Beans or Salmon
(MI-FI)

SANDWICH

Egg, Cheese or Tuna
(GL-SO-MI-FI-EG)

Egg, Cheese or Tuna
(GL-SO-MI-FI-EG)

Egg, Cheese or Tuna
(GL-SO-MI-FI-EG)

Egg, Cheese or Tuna
(GL-SO-MI-FI-EG)

Egg, Cheese or Tuna
(GL-SO-MI-FI-EG)

VEGETABLES

Mixed Vegetables

Mixed Vegetables

Mixed Vegetables

Mixed Vegetables

Baked Beans & Peas

DESSERT

Fruit Yoghurt
(MI)

Sprinkle Sponge Cake
(GL-EG)

Apple Flapjack
(GL)

Fruit Jelly

Dessert Selection
(GL-EG-MI)



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FRESH BREAD AVAILABLE EVERY DAY
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MEAT

Halal Choice

Beef Burger
with Corn on the Cob
(GL-SU-SO-SE)Chicken & Mushroom
Pizza with Garlic Bread
(GL-MI-SO)Roast Chicken with Diced
Roast Potatoes & GravyBeef Lasagne with
Garlic Bread
(MI-GL-EG-SO)Fish Fingers with Chips
& Tomato Sauce
(GL-FI)VEGETARIAN
ChoiceVegetable Bean Burger
with Corn on the Cob
(GL-SE)Margherita Pizza
with Garlic Bread
(GL-MI-SO)Vegan Sausage with Diced
Roast Potatoes & Gravy
(SO)Veggie Lasagne with
Garlic Bread
(MI-GL-EG-SO)Vegan Nuggets
with Chips
(GL)

PASTA

Tomato Pasta
(GL)Tomato Pasta
(GL)Tomato Pasta
(GL)Tomato Pasta
(GL)Tomato Pasta
(GL)JACKET
POTATOCheese, Beans or Tuna
(MI-FI)Cheese, Beans or Tuna
(MI-FI)Cheese, Beans or Tuna
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(MI-FI)

SANDWICH

Egg, Cheese or Tuna
(GL-SO-MI-FI-EG)Egg, Cheese or Tuna
(GL-SO-MI-FI-EG)Egg, Cheese or Tuna
(GL-SO-MI-FI-EG)Egg, Cheese or Tuna
(GL-SO-MI-FI-EG)Egg, Cheese or Tuna
(GL-SO-MI-FI-EG)

VEGETABLES

Mixed Vegetables

Mixed Vegetables

Mixed Vegetables

Mixed Vegetables

Baked Beans & Peas

DESSERT

Fruit Yoghurt
(MI)Apple Cake
(GL-EG)Chocolate Cookie
(GL)

Fruit Jelly

Dessert Selection
(GL-EG-MI)

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FRESH FRUIT AVAILABLE EVERY DAY
FRESH BREAD AVAILABLE EVERY DAY
SALAD BAR AVAILABLE EVERY DAY

