

Tweeddale Primary School Summer Menu 2021



Week 1	Monday Meat Free	Allergen	Tuesday	Allergen	Wednesday	Allergen	Fun day /Theme Thursday	Allergen	Friday	Allergen
Main meal 1	Quorn and Vegetable Pasta Bake	Eggs	Shepherd's Pie	N/A	Roast Chicken with Roast potato	N/A	Sausage with Mash Potato	N/A	Fish Fingers/Salmon	Fish
Main meal 2	Spaghetti with Tomato Sauce	Wheat And Eggs	Quorn Stir-Fry with Rice	Soya And Eggs	Vegetable and Bean Wrap	Wheat	Selection Of Sandwiches	Wheat, Fish and Dairy	Quorn burger	Eggs and Wheat
Carbohydrates	Pasta	Wheat and Eggs	Mash Potato and Rice	N/A	Roast potato	N/A	Mash Potato	N/A	Chips	N/A
Vegetables or salad of the day	Carrots and Green bean	N/A	Mixed Vegetable	N/A	Savoy Cabbage and Carrots	N/A	Mixed salad and Baked Beans	N/A	Baked Beans and Peas	N/A
Dessert	Mixed Fruit Sponge with Custard	Milk, Wheat and Eggs	Fruit Salad with Cream	Dairy	Semolina Shortbread Biscuits	Wheat	Jelly with Fruits	N/A	Blueberry Muffin	Eggs and Wheat

Week Beginning- 19/4/21 10/5/21 7/6/21 28/6/21 19/7/21

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Week 2	Monday Meat free	Allergen	Tuesday	Allergen	Wednesday	Allergen	Fun day /Theme Thursday	Allergen	Friday	Allergen
Main meal 1	Margarita Pizza	Dairy and Wheat	Beef Burgers with French Fries	Wheat	Roast Pork with Roast potato	N/A	Chicken Salad Wrap	Wheat and Eggs	Battered Cod With Chips	Fish
Main meal 2	Macaroni Cheese	Eggs and Wheat	Quorn burger	Eggs and Wheat	Quorn fillets	Eggs and wheat	Selection of Sandwich Rolls	Fish, Eggs, Wheat and Dairy	Cheese and tomato frittata	Eggs and dairy
Carbohydrates	Pasta	Eggs and Wheat	Fries	NA	Roast Potato	N/A	Tortilla and bread	Wheat	Chips	N/A
Vegetables or salad of the day	Mixed vegetables	N/A	Sweet Corn and Mixed salad	N/A	Broccoli and Carrots	N/A	Coleslaw	Eggs	Baked beans and Peas	N/A
Dessert	Ice cream with Mixed Berries	Dairy	Jelly with Fruit	N/A	Cookie	Wheat	Fairy cakes	Wheat and Eggs	Apple crumble with custard	Wheat and dairy

Week Beginning 26/4/21 17/5/21 14/6/21 5/7/21

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Week3	Monday Meat free	Allergen	Tuesday	Allergen	Wednesday	Allergen	Fun day /Theme Thursday	Allergen	Friday	Allergen
Main meal 1	Quorn Meatballs	Eggs, Wheat	Beef burgers With wedges	Wheat	Roast Chicken	N/A	Margarita Pizza	Wheat and Dairy	Salmon Fish Cake/ Fish fingers	Fish
Main meal 2	Vegetable Wrap	Wheat	Sweet potato curry	N/A	Quorn and Vegetable Pie	Egg, Dairy and Wheat	Selection of Sandwiches	Wheat, Diary and Fish	Vegetable Nuggets	Wheat
Carbohydrates	Rice and Tortilla	Wheat	New Potatoes	N/A	Roast potato	N/A	Bread and Potato wedge	Wheat	Chips	N/A
Vegetables or salad of the day	Sweet Corn and Peas	N/A	Baked beans and Mixed Salad	N/A	Green Beans and Carrots	N/A	Mixed salad and Baked Beans	N/A	Baked Beans and Peas	N/A
Dessert	Fruit Flapjack	Wheat	Pineapple Upsided down Cake with Custard	Wheat and Dairy	Carrot Cake	Eggs and Wheat	Fruit Jelly With Ice Cream	Dairy	Fruity Shortbread	Wheat

Week Beginning 3/5/21 24/5/21 21/5/21 12/7/21

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