

WEEK 1

4th Sept, 2nd Oct, 6th Nov
4th Dec

Mulberry
Wood Wharf Primary

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

House rubbed Jerk
Chicken Mac and
Cheese
(G,Mu,Mk)

Mexican Turkey and
Pepper Fajita with
Floured
Tortilla and Beans
(G,Mu,Mk)

Butcher's Chicken
Sausages served with
Onion Gravy
(G,Su)

Chinese Chicken
Curry with Peas
(G,So,Mu)

Fish Finger Bap
(G,Su,Se,F,E)
with Lemon Coleslaw
(E)

Veggie
MEAT FREE

Roasted Vegetable
and Tomato Pasta
(G)

Mozzarella and
Tomato Quesadilla
(G,Mk,Ce)

Veggie Sausages
served
with Onion Gravy
(G,Ce)

Chinese Crunchy
Vegetable Curry
(G,So,Mu)

Homemade Veggie
Burger with Tomato
Relish in a Toasted
Bun
(G,So,Se,E)

veg
EXTRA GOOD

Steamed Broccoli

Sweetcorn

Green Beans

Garlic Roasted
Chinese Greens

Peas
Baked Beans

Carbs
FUEL FOOD

Garlic Bread
(G,So,Mk)

Mexican Rice
(Ce)

Crushed New
Potatoes
(Mk)

Steamed Rice

Chips

Dessert
SOMETHING SWEET

Baked Citrus Pudding
with Lemon Sauce
(G,Mk,E)

Rocky Road
(G,So,Mk)

Burnt Butterscotch
Rice Pudding
(Mk)

Banana Tea Bread
(G,Mk,E)

Ice Cream
(Mk)

Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.

Red
September

Orange
OCTOBER
5th - Superhero Day
31st - Halloween

Yellow
November
Diwali

White
December
Christmas Lunches

ALLERGENS

Ce = Celery
Cr = Crustacean
E = Eggs

F = Fish
G = Cereals
containing Gluten

L = Lupin
Mk = Milk
Mo = Molluscs

Mu = Mustard
N = Nuts
P = Peanuts

Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide



WEEK 2

11th Sept 9th Oct 13th Nov
11th Dec

Mulberry
Wood Wharf Primary

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Mexican Beef
Chilli con Carne
(Mu)

BBQ Sticky Chicken
(Su,So,G,Ce)
with BBQ Beans
(Su,So,G,Ce)

Roast Chicken with
Gravy, Sage and Onion
Stuffing
(G,Mk,E)

Oven Baked Lasagne
topped with
Mozzarella Cheese
(G,Mk,E)

Battered Pollock with
Tartare Sauce and
Lemon Wedge
(G,Su,F,E)
served with Chips and
Peas

Veggie
MEAT FREE

Vegetarian Chilli with
Sour Cream
(So,Mu,Ce)

Veggie Hot Dog Roll
with Roasted Onions
and Ketchup
(G,Su,So,Se)

Spring Onion, Cheddar
Cheese and Tomato
Quiche
(G,Mk,E)

Roasted Veggie
Lasagne
with Mozzarella
Cheese
(G,Mk,E)

Singapore Vegetable
Stir Fry
(G,Su,So,E)

veg
EXTRA GOOD

Sweetcorn

Steamed Broccoli

Carrots and Green
Beans

Chef's Salad

Peas
Baked Beans

Carbs
FUEL FOOD

Mashed Potato
(Mk)

Potato Wedges

Roast Potatoes

Garlic Focaccia
(G,Mk)

Baked
Oven Chips

Dessert
SOMETHING SWEET

Raspberry and
Coconut Steamed
Sponge and Custard
(G,Mk,E)

Chocolate Brownie
(G,E)

Apple Crumble and
Custard
(G,Mk)

Sultana and Cranberry
Flapjack (G)

Bread and Butter
Pudding
(G,Su,So,Mk,E)

Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.

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WEEK 3

18th Sept, 16th Oct, 20th
Nov 18th Dec

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Wood Wharf Primary

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Slow Cooked Beef
Bolognese Pasta Bake
(G,Mk)

Kung Pao Chicken
Stir Fry with Peppers
(G,So,Mu,Ce)

Creamy Turkey
and Leek Pie
(G,Mk,E)

Chicken Rogan Josh
with Mango Chutney

Battered Pollock with
Tartare Sauce and
Lemon Wedge
(G,Su,F,E)
served with Chips and
Peas

Veggie
MEAT FREE

Veggie Mince
Bolognese Pasta Bake
(G,So,Mk)

Kung Pao Quorn
Stir Fry with Peppers
(G,So,Mu,E,Ce)

Cheese, Leek and
Butternut Squash Pie
(G,Mk)

Vegetable Rogan Josh
with Mango Chutney

Cheese and
Onion Turnover
(G,Mk,E)

veg
EXTRA GOOD

Sweetcorn

Garlic Roasted
Chinese Greens

Cabbage and Carrots

Roasted Aromatic
Cauliflower
(Mu)

Peas
Baked Beans

Carbs
FUEL FOOD

Garlic Bread

Egg Fried Rice

Roasted New Potatoes

Pilau Rice

Chips

Dessert
SOMETHING SWEET

Eves Pudding
(G,Mk,E)

Pineapple Upside
Down Cake and
Custard
(G,Mk,E)

Banoffee Pie
(G,So,Mk)

Lemon Blondie
(G,E)

Chocolate
Chip Cookies
(G,So,Mk,E)

Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.

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WEEK 4

25th Sept, 30th Oct, 27th Nov

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Wood Wharf Primary

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Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Quarter Pounder Beef
Burger with Salad and
Ketchup in a Burger
Bun
(G,Se)

Tuna and Sweetcorn
Cheesy Pasta Bake
(G,Mk,F)

Creamy Chicken
Tikka Curry
(G,Mk)

Cajun Spiced Minced
Beef Wrap with Rice
and Beans
(G,Mu,Mk)

Battered Pollock with
Tartare Sauce and
Lemon Wedge
(G,Su,F,E)
Battered Sausage
(G,Su)

Veggie
MEAT FREE

Veggie Burger with
Salad
and Ketchup in a
Burger Bun (G,Se,E)

Mushroom and
Sweetcorn Cheesy
Pasta Bake
(G,Mk)

Creamy Vegetable
Tikka Curry
(G,Mk)

Spiced Veggie Mince
Wrap with Rice and
Beans
(G,So,Mu,Mk)

Margarita Pizza
(G,So,Mk)

veg
EXTRA GOOD

Sweetcorn

Broccoli

Caraway Carrots

Chef's Salad

Peas
Baked Beans

Carbs
FUEL FOOD

Baked Cajun Wedges
(Mu)

Garlic Bread
(G,So,Mk)

Turmeric Rice
(Mk)

Cajun Roasted
Potatoes
(Mu)

Chips

Dessert
SOMETHING SWEET

Shortbread Biscuit
(G,Mk,E)

Jamaican Ginger Cake
(G,Mk,E)

Jam & Coconut
Sponge Custard
(G,So,Mk,E)

Pear and Chocolate
Crumble with Custard
(G,So,Mk)

Sticky Toffee Pudding
(G,Su,Mk,E)

Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.

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