

WEEK 1

Week Commencing:
15/04/2024, 13/05/2024,
17/06/2024 and 15/07/2024

Mulberry

Wood Wharf Primary

MENU

Eat the Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Kung Pao Chicken Stir Fry with Peppers
Served with Egg Noodles and Chinese Roasted Greens
(G,So,E)

Classic Chicken Breast Burger
Served with Oven Baked Potato Wedges and a Spicy Carrot Salad
(G,Se,Su)

Classic Italian Beef Lasagne served with Garlic Bread and Green Beans
(G,E,Mk,So)

Butchers Chicken Sausages with Onion Gravy, Crushed New Potatoes and Green Beans
(Mk,Mu,So,G)

Baked Cod with Tartare Sauce, Chips and Lemon Wedge
served with Chipped Potatoes, Peas or Beans
(G,F,E,Su)

Orange
APRIL
23rd - St George's Day

Veggie

MEAT FREE

Kung Pao Quorn Stir Fry
Served with Egg Noodles and Chinese Roasted Greens
(G,Mu,So,Ce,E)

Wholemeal Tomato and Basil Pasta with Mozzarella Topping and Salad
(G,Mk)

Mediterranean Vegetables Lasagne served with Garlic Bread and Green Beans
(G,E,Mk,So)

Vegetarian Sausage with Onion Gravy, Crushed New Potatoes and Green Beans
(Mk,Mu,G)

Spicy Bean Burger Bap with Lemon Coleslaw
(G,Su,E,Mu)
Served with Chipped Potatoes, Beans or Peas

Yellow
MAY
16th - Outer Space Day
23rd - National Biscuit Day

Dessert

SOMETHING SWEET

Apple Crumble with Custard
(G,Mk)

Fruity Flapjack
(G,Su)

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

Banana Tea Bread
(G,Mk,E)

Winter Fruit Crumble with Custard
(G,Mk)

Green
JUNE
18th - Teddy Bears' Picnic

Purple
JULY
4th - World Chocolate Day
The Olympics

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

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

Week Commencing:
22/04/2024, 20/05/2024,
24/06/2024 and 22/07/2024

Mulberry
Wood Wharf Primary

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains
HAPPY TUMS

Mild Chicken Curry
served with
wholegrain Rice and
Green Beans
(None)

Classic Greek Beef
Moussaka with Salad
and Baked
Wholemeal Pitta
(G,Mk)

Peri Peri Chicken
Thigh with Paprika
Crushed Potatoes .
Spicy Gravy, Carrots
and Sweetcorn
(E,Su,G)

Mexican Beef
Chilli con Carne with
Sour Cream
Served with
Steamed Wholegrain
Rice and Broccoli
(Mk)

Breaded Pollock or
Salmon fish cakes
with Tartare Sauce,
and Lemon Wedge
Served with
Chipped Potatoes and
Peas or Beans
(G,F,E,Su)

Orange
APRIL
23rd - St George's Day

Veggie
MEAT FREE

Spring Vegetable and
Lentil Curry served
with Wholegrain Rice
and Green Beans
(G)

Veggie Hot Dog Roll
with Roasted Onions
and Ketchup
Served with
Oven Baked Potato
Wedges and a Spicy
Carrot Salad
(G,So)

Butternut and Leek
Wellington served
with Gravy,
New Potatoes,
Carrots and Sweetcorn
(G,Mk,E)

Vegetarian Chilli
Con Carne with
Sour Cream
Served with
Steamed Wholegrain
Rice and Broccoli
(Mk)

Wholewheat
Mushroom and
Sweetcorn Cheesy
Pasta Bake served
with Salad
(G,Mk)

Yellow
MAY
16th - Outer Space Day
23rd - National Biscuit Day

Dessert
SOMETHING SWEET

Banana and Apple
Crumble with Custard
(Mk,G)

Carrot Cake
(G,E,Mk)

Pear Crumble
and Custard
(Mk,G)

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

Sultana and
Cranberry Flapjack
(G,Su)

Green
JUNE
18th - Teddy Bears' Picnic

Purple
JULY
4th - World Chocolate Day
The Olympics

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WEEK 3

Week Commencing:
29/04/2024, 03/06/2024
and 01/07/2024

Mulberry

Wood Wharf Primary

MENU

Eat the Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Classic Spaghetti
Bolognese
Served with
Garlic Bread
and Steamed Broccoli
(G,Mk,So)

Aromatic Chicken
Balti, Steamed
Wholegrain Rice and
Garlic Roasted Greens
(G,Mk,Su)

Cottage Pie
served with
Steamed Cabbage
and Carrots
(G,Ce)

Mexican Chicken,
Peppers and
Beans Fajita
Served with Mexican
Wholegrain Rice
and Sweetcorn
(G,Mu,Mk,Ce)

Battered Pollock or
Fish Finger Bap with
Lemon Coleslaw
(G,E,Mu,F)
Served with
Chipped Potatoes,
Beans or Peas

Orange

APRIL
23rd - St George's Day

Yellow

MAY
16th - Outer Space Day
23rd - National Biscuit Day

Veggie

MEAT FREE

Veggie Mince
Wholewheat
Bolognese
Pasta Bake
Served with
Garlic Bread
and Broccoli
(G,Mk,So)

Aromatic Roasted
Cauliflower and
Chickpea Balti with
Wholegrain Rice and
Garlic Roasted Greens
(Mk,So)

Vegetable Mince
Cottage Pie served
with Steamed
Cabbage and Carrots
(G,Mk,Ce)

Mexican Vegetable
Quesadilla with Sour
Cream and Cheese
Served with Mexican
Wholegrain Rice and
Sweetcorn
(G,Mu,Mk,Ce)

Cheese and Onion
Pasty
(G,Mk,E)
Served with
Chipped Potatoes,
Beans or Peas

Green

JUNE
18th - Teddy Bears' Picnic

Dessert

SOMETHING SWEET

Eves Pudding with
Custard
(G,E,Mk)

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

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

Pear and Ginger
Flapjack Crumble
(Mk,G,E)

Oat and Sultana
Cookie
(E,G)

Purple

JULY
4th - World Chocolate Day
The Olympics

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WEEK 4

Week Commencing:
06/05/2024, 10/06/2024
and 08/07/2024

Mulberry

Wood Wharf Primary

MENU

Eat the Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

HAPPY TUMS

Chinese Style Chicken Thigh with Sweet and Sour Sauce with Steamed Soya Noodles and Green Beans (G,Su,So,Se,Mu)

Beef Keema Curry Served with Wholegrain Rice, Roasted Butternut and Peas (None)

Chicken Pasta Bake with Sweetcorn and Leeks, Served with Steamed Broccoli (Mk,G)

Beef Mince Puff Pastry Pie Served with Creamy Mash, Baby Carrots and Green Beans

Battered Pollock with Tartare Sauce and Lemon Wedge or Smoked Salmon and Spinach Tart (G,F,E,Su,Mk) Served with Chipped Potatoes, Beans or Peas

Orange
APRIL
23rd - St George's Day

Veggie

MEAT FREE

Sweet and Sour Quorn Served with Steamed Noodles and Green Beans (G,Su,So,Se,Mu)

Veggie Mince Curry Served with Wholegrain Rice, Roast Butternut and Peas (So,E)

Neapolitan Wholewheat Spaghetti with Olives and Chefs salad (G)

Vegetarian Cajun Sausage Casserole Baby Carrots and Green Beans (G,Su)

Roast Pepper and Feta Cheese Frittata with Broccoli (E,Mk)

Yellow
MAY
16th - Outer Space Day
23rd - National Biscuit Day

Dessert

SOMETHING SWEET

Apple and Winter Berries Crumble with Custard (G,Mk)

Roasted Pineapple and Ginger Cake (G,E,Mk)

Jam and Coconut Sponge with Custard (G,E,Mk)

Pear and Vanilla Topsy Turvy Cake (G,E,Mk)

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

Green
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