

# WESTON ALL SAINTS PRIMARY & ABBOT ALPHEGE ACADEMY

## WEEKLY MEAL PLAN

### MONDAY

Roasted sweet potato soup  
Spinach, lentil & butternut squash  
curry with rice  
Tomato pasta bake  
Fresh bread  
Fresh mixed salad

### WEDNESDAY

Roast beef or free-range chicken  
Mushroom, organic leek  
& lentil Wellington  
Roasted potatoes  
Seasonal vegetables  
Gravy

### FRIDAY

MSC jumbo cod fish finger  
Caramelised red onion & Cheddar tart  
Chips  
Baked Beans  
Sweetcorn

### TUESDAY

Mushroom soup  
Free-range chicken  
or roasted vegetable fajitas  
Oven-baked jacket potato with baked beans  
Seasoned rice  
Fresh mixed salad

### THURSDAY

Organic parsnip "with a hint of curry" soup  
Meatballs in a rich tomato sauce  
with spaghetti  
Vegetable lasagne or  
oven-baked jacket potato with cheese  
Garlic bread  
Fresh mixed salad

### DESSERTS

The School Food Plan states that desserts are allowed at lunchtime and that they must not contain any confectionery. Desserts can be a way to include more nutrients in a meal, for example yoghurt or fruit-based desserts.