



Benson CE Primary School Menu Term 1

Week 1: 03/09, 14/09, 28/09, 12/10

Monday	Tuesday	Wednesday	Thursday	Friday
Keema Curry w/ Rice (df)	Chicken Lasagne (DF)	Gammon w/ Italian Crushed Potatoes (DF)	Chicken Fajita w/ Tomato Salsa (DF)	Fish Fingers & Chips (DF)
Veggie Spaghetti Bolognese (DF)	Quorn & Pepper Fajita w/ Tomato Salsa (DF)	Garlic & Herb Roasted Veggie Sausage Tray Bake (DF)	Veggie Lasagne (DF)	Quorn Nuggets w/ Chips (DF)
Jacket Potato with choice of fillings (DF)	Jacket Potato with choice of fillings (DF)	Jacket Potato with choice of fillings (DF)	Jacket Potato with choice of fillings (DF)	Jacket Potato with choice of fillings (DF)
Peas & Sweetcorn	Carrots & Sweetcorn	Peas & Green Beans	Vegetable Crudites	Baked Beans & Peas
Dairy free pudding options available everyday including fresh fruit				

(DF) – Dairy free alternative used (if req'd)

(df) – Dairy ingredients removed



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Week 2: 07/09, 21/09, 05/10, 19/10

Monday	Tuesday	Wednesday	Thursday	Friday
Chinese Chicken w/ Special Rice (DF)	Beef Pasty (DF)	Lemon & Garlic Chicken w/ Herb Roasted New Potatoes (DF)	Gammon & Cheddar Stuffed Potatoes (DF)	Sausage Roll w/ Hash Browns (DF)
Macaroni Cheese (DF)	Veggie Stir-Fried Rice (DF)	Roasted Pepper, Tomato & Basil Fusili (DF)	Cajun Quorn & New Potato Tray Bake (DF)	Vegan Sausage Roll w/ Hash Browns (DF)
Jacket Potato with choice of fillings (DF)	Jacket Potato with choice of fillings (DF)	Jacket Potato with choice of fillings (DF)	Ham Baguette w/ Tortilla Chips & Crudites (df)	Jacket Potato with choice of fillings (DF)
Peas & Carrots	Vegetable Crudites	Carrots & Green Beans	Peas & Sweetcorn	Baked Beans & Sweetcorn

Dairy free pudding options available everyday
including fresh fruit

(DF) – Dairy free alternative used (if req'd)
(df) – Dairy ingredients removed