



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 & Yogurt Dressing (GF)	Chicken Lasagne (GF)	Gammon w/ Italian Crushed Potatoes (GF)	Chicken Fajita w/ Tomato Salsa (GF)	Fish Fingers & Chips (GF)
Veggie Spaghetti Bolognese (GF)	Veggie Fajita w/ Tomato Salsa (<i>gf</i>)	Garlic & Herb Roasted Veggie Sausage Tray Bake	Veggie Lasagne (GF)	Quorn Nuggets w/ Chips
Jacket Potato with choice of fillings (GF)	Jacket Potato with choice of fillings (GF)	Jacket Potato with choice of fillings (GF)	Jacket Potato with choice of fillings (GF)	Jacket Potato with choice of fillings (GF)
Peas & Sweetcorn	Carrots & Sweetcorn	Peas & Green Beans	Vegetable Crudites	Baked Beans & Peas

Gluten free pudding options available daily including fresh fruit & yogurt

(GF) – Gluten free alternative used (if req'd)

(*gf*) – Gluten ingredients removed



Benson CE Primary School Menu Term 1

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

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

Gluten free pudding options available daily including fresh fruit & yogurt

(GF) – Gluten free alternative used (if req'd)

(gf) – Gluten ingredients removed