

AMEY primary school egg-free menu 2025 to 2026

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Lentil soup	Tomato soup	Vegetable soup	Lentil soup	Vegetable soup
Main meal 1	Pizza & garlic bread	Chicken curry with rice	Sausage & mash	Turkey burger with Potato wedges	Fish & chips
Main meal 2	Neapolitan Pasta & garlic bread	Sweet potato curry with rice	Vegan sausage & mash	Veg stir fry with rice	Beans on toast
Main meal 3	Baked potato with beans	Cheese / ham sandwich	Cheese sandwich	Baked potato with beans	Chicken/cheese sandwich
Dessert	Yoghurt	Yoghurt	Yoghurt	Jelly	Yoghurt

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Sweet potato Soup	Tomato soup	Lentil soup	Vegetable soup	Lentil soup
Main meal 1	Tomato pasta & garlic bread	BBQ chicken with rice	Beef burger with wedges	Pepperoni pizza with wedges	Fish & chips
Main meal 2	Quorn katsu curry & rice	Chicken /cheese sandwich	Bubble salmon & baby potato's	Chicken /veg meatballs in tomato pasta	Vegan sausage roll with beans
Main meal 3	Baked potato with beans/cheese		Baked potato with tuna/cheese	Cheese sandwich	Baked potato Beans/Cheese
Dessert	Yoghurt	Jelly	Yoghurt	Ice cream	Yoghurt

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Leek & potato soup	Sweet potato soup	Cajun carrot & pepper soup	Lentil soup	Lentil soup
Main meal 1	Mac & cheese	Broccoli pasta bake	Cottage pie	Roast chicken sausage with potatoes	Fish & chips

Main meal 2	Pizza & garlic bread	Quorn nugget with new potato	Ham / cheese sandwich	Baked potato with cheese/beans	Baked potato with cheese
Main meal 3	Baked potato with beans	Cheese roll			
Dessert	Yoghurt	Yoghurt	Yoghurt	Jelly	Yoghurt