



Lunch Menu Michaelmas Term 2017 Week 3: Weeks Commencing: 18/09, 9/10, 30/10, 20/11 and 11/12

	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Bangers and Mash (Best pork sausages served with creamy mashed potatoes)	Chicken Souvlaki (Tender pieces of marinated chicken served with tomato & cucumber salad in soft flat bread)	Honey Roast Gammon (Slow roasted gammon finished with a sweet honey glaze)	Mild Beef Chilli (Lean pieces of beef cooked with tomatoes, onions, coriander, mild chilli and garlic)	Cod Goujons (Battered strips of cod served with ketchup and lemon wedges)
Vegetarian	Vegetable Samosa (A light pastry parcel filled with lightly spiced vegetables served with rice and pickles)	Vegetarian Bolognese (penne pasta served with garlic bread)	Mediterranean Vegetable Tart	Cheese and Tomato Pizza (deep pan pizza topped with tomato sauce and mozzarella cheese)	Vegetarian Scotch Eggs (Soft boiled egg wrapped in vegetarian sausage with a golden breadcrumb coating)
Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
	Jacket Potatoes served with a choice of tuna, cheese, baked beans and cold meats				
Potatoes/Rice/Pasta	Mashed Potato	Greek Potatoes	Roast Potatoes	Rice, Tortilla Chips & Dips	Chips
Vegetables	Meals will be served with seasonal vegetables or salads				
Salad bar	A selection of seasonal salads				
Dessert	A selection of cakes and desserts	A selection of cakes and desserts to include homemade fruit crumble	A selection of cakes and desserts	A selection of cakes and desserts to include homemade chocolate brownie	A selection of cakes and desserts
	In addition there will also be selection of yoghurts, jellies and fresh fruit platter				

Child's Name: _____

Child's Form: _____

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