

Lunch Menu Lent Term 2019 Week 1: Weeks Commencing 07/01, 28/01, (18/02), 11/03 and 01/04

	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Bangers and Mash Pork sausages served with mashed potato and onion gravy	Beef Chilli Lean minced beef cooked in a rich tomato and vegetable sauce served with rice, tortilla chips, mixed salad and cheese	Roast Pork Lean loin of pork served with a rich gravy and apple sauce	Butter Chicken Curry Tender pieces of chicken slowly cooked in a creamy butter sauce served with poppodums and rice with chutneys	Battered Cod Goujons Served with chunky chips
Vegetarian	Stir Fried Vegetables and Noodles Oriental vegetables and soya beans stir fried and served in a sweet and sour sauce	Margarita Pizza Thin crust pizza topped with a rich tomato and vegetable sauce and mozzarella cheese	Vegetarian Sausage Roll "Linda McCartney" sausage wrapped in short crust pastry	Vegetable Bolognese A rich vegetable and tomato ragu served with pasta, garlic bread and a leaf salad	Tomato & Basil Quiche A wholemeal pastry flan filled with cheddar cheese, egg, juicy tomatoes and fresh basil
Jacket Potato	Jacket Potato served with a choice of tuna, baked beans, cheese or ham	Jacket Potato served with a choice of tuna, baked beans, cheese or ham	Jacket Potato served with a choice of tuna, baked beans, cheese or ham	Jacket Potato served with a choice of tuna, baked beans, cheese or ham	Jacket Potato served with a choice of tuna, baked beans, cheese or ham
Salads & Vegetables	All our main dishes are accompanied with a selection of freshly made salads and seasonal vegetables				
Dessert	A selection of cakes, desserts, jelly, yogurt, fresh fruit platter and whole fruits	A selection of cakes, desserts, jelly, yogurt, fresh fruit platter and whole fruits	Fruity Wednesday A lunch without cakes! A selection of fruits to encourage pupils to explore new tastes and textures along with jellies and yogurt	A selection of cakes, desserts, jelly, yogurt, fresh fruit platter and whole fruits	A selection of cakes, desserts, jelly, yogurt, fresh fruit platter and whole fruits

Child's Name: _____

Child's Form: _____