



Lunch Menu Michaelmas Term 2018 Week 1: Weeks Commencing 03/09, 24/09, 15/10, 05/11, 26/11 and 17/12

	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Bangers and Mash Pork sausages served with mashed potato and onion gravy	Beef Lasagne A lean beef and tomato ragu served between layers of pasta topped with a creamy cheese sauce	Roast Pork Lean loin of pork served with a rich gravy and apple sauce	Fruity Caribbean Chicken Curry Tender pieces of chicken slowly cooked in a sweet coconut sauce served with "rice n peas"	Battered Cod Goujons Home-Made Oven Baked Fish Cakes Flaky fish and potato in golden bread crumbs
Vegetarian	Falafal Home-made falafel served with crispy salad and grilled pitta bread	Margherita 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	Macaroni Cheese Tender pieces of pasta baked in a creamy cheese sauce served with garlic bread	Tomato and 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 Current Form: _____

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