



Lunch Menu Michaelmas Term 2018 Week 2: Weeks Commencing 10/09, 01/10, (22/10), 12/11 and 03/12

	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Salmon Pasta Bake Salmon pieces and penne pasta in a creamy white sauce topped with a parmesan and parsley crust	Beef Fajitas Tender beef with roasted vegetables served on a soft flour tortilla with a choice of toppings (grated cheese, salsa and soured cream)	Roast Chicken Herb roasted chicken served with gravy, sage and onion stuffing and golden roast potatoes	Sweet and Sour Pork Tender pieces of pork loin served in a tangy fruit sauce served with steamed rice and vegetables with prawn crackers	Traditional Battered Fish and Chips
Vegetarian	Three Cheese Pizza A deep pan pizza topped with a home-made tomato sauce and cheese mix	Vegetable Cous Cous Slow roasted vegetables and chickpeas cooked in Moroccan spices, stirred through cous cous	Vegetable Pie A pie packed with creamy vegetables topped with flaky puff pastry	Pasta Pomodoro Penne pasta baked in a slow cooked tomato and herb ragu served with grated parmesan	Vegetable Burger Golden baked breaded vegetable burger
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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