



Lunch Menu Michaelmas Term 2018 Week 3: Weeks Commencing 17/09, 08/10, (29/10), 19/11 and 10/12

	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Best Pork Sausages Served with baked potato wedges	Pasta with Meatballs Beef meatballs cooked in a tomato and vegetable sauce with penne pasta, finished with fresh herbs	Roast Gammon Gammon served with Yorkshire puddings and a rich gravy	Lamb Kebabs Shish Kebabs served on flat breads with crispy salad and tzatziki	Jumbo Fish Finger Flaky cod in a golden batter Fish Pie Chunks of smoked and white fish in a parsley sauce topped with grated potato
Vegetarian	Stir Fired Vegetables with Noodles Fresh vegetables served in an oriental sauce tossed in egg noodles	Butternut Squash and Sweet Potato Curry Marinated vegetables cooked in a Korma sauce, served with spinach rice, poppadoms and chutney	Spicy Bean Burrito A mixture of beans and vegetables baked in a flour tortilla served with a fresh tomato salsa	Tomato and Herb Pizza Pizza base topped with home-made tomato and herb sauce with mozzarella cheese	Quorn Cheese Quorn sausages served with onion gravy
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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