

Lunch Menu Winter 2016/2017

Week One

31st Oct, 21st Nov, 12th Dec, 3rd Jan, 23rd Jan
20th Feb, 13th March

Monday

H Sausages, Mashed Potato & Onion Gravy
V Glamorgan Sausages, Mashed Potatoes & Vegetarian Gravy
Little Stars Fromage Frais

Tuesday

H Chicken Korma & Basmati Rice
V Macaroni Cheese
Jam & Coconut Sponge & Custard

Wednesday

H Roast Chicken, Roast Potatoes, Yorkshire Pudding & Gravy
Roast Beef, Roast Potatoes, Yorkshire Pudding & Gravy
V Stuffed Peppers, Roast Potatoes & Yorkshire Pudding
Orange Jelly & Mandarin Segments

Thursday

H Fusilli Bolognese
V Quorn Veggie Balls in Tomato & Basil Sauce with Fusilli
Banana Cake & Custard

Friday

Fish Fingers, Chips and Spaghetti Hoops
Chicken Burger in a Bap, Chips and Spaghetti Hoops
Chocolate Ice Cream

Week Two

7th Nov, 28th Nov, 19th Dec, 9th Jan, 30th Jan,
27th Feb, 20th March

Monday

Pepperoni Pizza & Salad
V Cheese & Tomato Pizza & Salad
Strawberry Yoghurt

Tuesday

Hunters Chicken Meatballs & Rainbow Rice
V Mexican Enchiladas & Salad
Chocolate Sponge & Chocolate Custard

Wednesday

H Roast Chicken, Roast Potatoes, Yorkshire Pudding & Gravy
H Roast Leg of Lamb, Roast Potatoes, Yorkshire Pudding & Gravy
Fresh Salmon Pie
Strawberry Jelly & Cream

Thursday

H Shepherds Pie
V Four Cheese Ravioli & Tomato and Mascarpone Sauce
Sticky Toffee Cake & Toffee Custard

Friday

Cod Bites, Chips and Baked Beans
V Vegetable Nuggets, Chips and Baked Beans
Vanilla Ice Cream

Week Three

14th Nov, 5th Dec, 16th Jan
6th Feb, 6th March, 27th March

Monday

H Beef Burger in a Bap & Jacket Potato Wedges
V Vegetable Burger in a Bap & Jacket Potato Wedges
Little Stars Fromage Frais

Tuesday

H Chicken & Sweetcorn Pie & Mashed Potatoes
V Cheese & Tomato Pizza & Salad
Ginger Sponge & Custard

Wednesday

H Roast Chicken, Roast Potatoes, Yorkshire Pudding & Gravy
H Roast Beef, Roast Potatoes, Yorkshire Pudding & Gravy
V Quorn Roast, Roast Potatoes, Yorkshire Pudding & Veggie Gravy
Blackcurrant Milk Jelly Mousse

Thursday

H Beef Lasagne & Garlic Bread
V Vegetable & Sweet Potato Curry & Basmati Rice
Lemon Drizzle Cake & Custard

Friday

Star Fish, Chips and Spaghetti Hoops
H Chicken Nuggets, Chips and Spaghetti Hoops
Strawberry Ice Cream

Available Daily

Delicious Salad Bar, Seasonal Vegetables & Fresh Fruit
Jacket Potatoes with
Cheese, Beans or Tuna Mayo
A Selection of Freshly made Sandwiches

V = Vegetarian Choice
H = Halal Meat Option Available



Salad Bar
Lettuce, Tomatoes,
Cucumber, Peppers, Grated
Carrot, Sweetcorn, Beetroot
Coleslaw

HEALTHY
SCHOOLS
LONDON

GOLD AWARD