

Lewisham Primary Autumn 2017 Menu

Week 1

Week Starting: 30/10, 20/11, 11/12, 1/1, 22/1, 19/2, 12/3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	Vegetable Supreme Pizza** <i>with Jacket Wedges</i>	Beef Cottage Pie	Roast Turkey <i>with Roast Potatoes & Gravy</i>	Chinese Chicken with Noodles	MSC Golden Pollock Fish Fillet & Chips
Alternative Dish	Neapolitan Pasta**	Mexican Vegetable Chilli <i>with Rice</i>	Cheese & Potato Bake	Vegetable Biryani	Veggie Hot Dog <i>with Chips</i>
Deli Bar	School's Choice***	School's Choice***	School's Choice***	School's Choice***	School's Choice***
Vegetables & Salad	Peas Broccoli House Coleslaw	Green Beans Cauliflower Mixed Bean Salad	Red Cabbage Carrots Tomato & Cucumber Salad	Broccoli Sweetcorn Carrot & Sultana Salad	Baked Beans Peas Appleslaw
Desserts	Fruity Apricot Square* <i>Fresh Fruit Platter*</i>	Pineapple and Peach Crumble* <i>with Custard</i> <i>Fresh Fruit Bowl*</i>	Date Cake <i>served with Yoghurt</i> <i>Fresh Fruit Salad*</i>	Shortbread Biscuit <i>with Fruit Slices*</i> <i>Fresh Fruit Bowl*</i>	Chocolate and Banana Muffin <i>with Fruit Slices*</i> <i>Fresh Fruit Platter*</i>

Offered Daily: Fresh Bread, 5 Choice Salad Bar, Fresh Fruit, Yoghurt, Organic Milk & Water

***Deli Bar/Schools Choice: Filled Jacket Potato, Extra Pasta Dish, Sandwich/Baguette (Subject to availability)

If you have any special dietary needs or require allergen information, please speak to the Catering Manager.

This menu is subject to individual School changes please ask your School for more details.

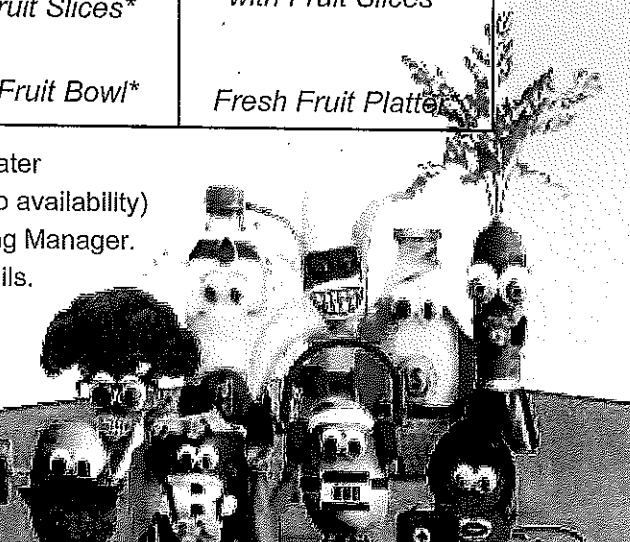
**Wholegrain *50% Fruit Based



Chartwells Lewisham are Sugar Smart
find out more, visit our website:
www.lewishamschoolmeals.co.uk



Seafood with this mark comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery.



Lewisham Primary Autumn 2017 Menu

Week 2

Week Starting: 6/11, 27/11, 18/12, 8/1, 29/1, 26/2, 19/3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	Mac 'N' Cheese <i>Macaroni Pasta Cheese</i>	Chicken & Sweetcorn Pie <i>with Creamy Mash and Gravy</i>	Roast Chicken <i>with Roast Potatoes and Gravy</i>	Mild Beef Chilli <i>with Rice</i>	MSC Golden Pollock Fish Fingers & Chips
Alternative Dish	Bean & Vegetable Casserole <i>with Rice **</i>	Vegetarian Sausages <i>with Creamy Mash and Gravy</i>	Quorn Roast <i>with Roast Potatoes with Gravy</i>	Creamy Tomato and Basil Pasta **	Bean and Potato Burrito <i>with Chips</i>
Deli Bar	School's Choice***	School's Choice***	School's Choice***	School's Choice***	School's Choice***
Vegetables & Salad	Broccoli Sweetcorn Crunchy Salad	Carrots Seasonal Cabbage Apple & Celery Salad	Peas Broccoli Beetroot Salad	Sweetcorn Green Beans Tomato & Cucumber Salad	Baked Beans Peas Crunchy Light Coleslaw
Desserts	Chocolate and Mandarin Sponge* <i>with Chocolate Sauce</i> <i>Fresh Fruit Platter*</i>	Oatie Biscuit <i>with Fruit Slices *</i> <i>Fresh Fruit Bowl*</i>	Apple and Pear Strudel* <i>with Cream</i> <i>Fresh Fruit Salad*</i>	Pineapple Carrot Cake Slice <i>with Custard*</i> <i>Fresh Fruit Bowl*</i>	Berry Flapjack <i>with Fruit Slices *</i> <i>Fresh Fruit Platter*</i>

Offered Daily: Fresh Bread, 5 Choice Salad Bar, Fresh Fruit, Yoghurt, Organic Milk & Water

***Deli Bar/Schools Choice: Filled Jacket Potato, Extra Pasta Dish, Sandwich/Baguette (Subject to availability)

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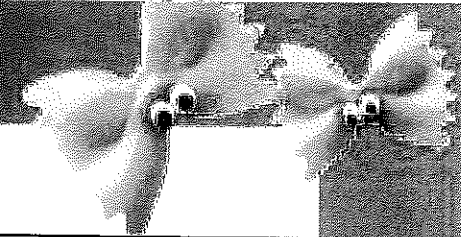


Lewisham Primary Autumn 2017 Menu

Week 3

Week Starting: 13/11, 4/12, 15/1, 5/2, 5/3, 26/3

Food Super Heroes



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	Mozzarella & Tomato Pizza ** <i>with Oven Baked Wedges</i>	Mild Chicken Tikka Thigh <i>with Rice</i>	Roast Beef <i>with Roast Potatoes and Gravy</i>	Beef Bolognese Pasta **	MSC Crispy Salmon Fillet** <i>with Chips</i>
Alternative Dish	Quorn Sausage and Tomato Pasta Bake ** <i>with a Bread Wedge</i>	Cheese and Sweetcorn Quiche <i>with New Potatoes</i>	Shepherdess Pie <i>Vegetarian Shepherd's Pie</i>	Mild Yellow Vegetable Curry <i>with Rice</i>	Veggie Quesadilla <i>with Chips</i>
Third Option	School's Choice***	School's Choice***	School's Choice***	School's Choice***	School's Choice***
Vegetables & Salad	Peas Sweetcorn Apple Slaw	Broccoli Carrots Fresh Tomato Salsa	Roast Parsnips Sweetcorn Beetroot Salad	Green Beans Carrots Crunchy Salad	Baked Beans Peas Coleslaw
Desserts	Vanilla Ice Cream <i>with Chocolate Crunchy Biscuit</i> <i>Fresh Fruit Platter*</i>	Apple Cracknell* <i>with Custard</i> <i>Fresh Fruit Bowl*</i>	Gingerbread Cake <i>with Fresh Fruit*</i> <i>Fresh Fruit Salad*</i>	Chocolate Sultana Crispie <i>with Fruit Slices</i> <i>Fresh Fruit Bowl*</i>	Creamy Rice Pudding <i>with Peaches</i> <i>Fresh Fruit Platter*</i>

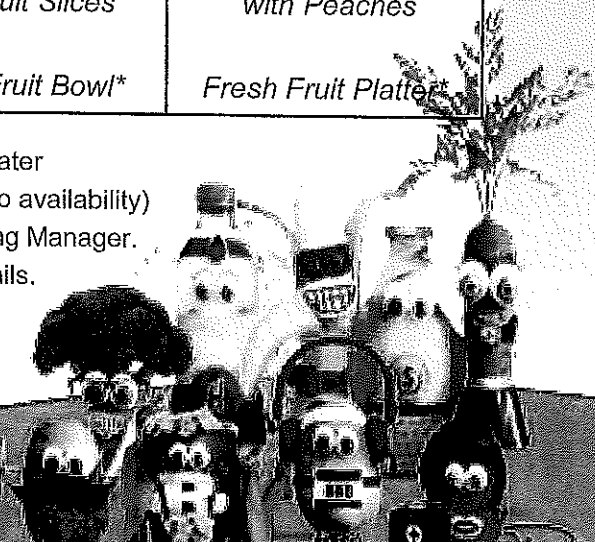
Offered Daily: Fresh Bread, 5 Choice Salad Bar, Fresh Fruit, Yoghurt, Organic Milk & Water

***Deli Bar/Schools Choice: Filled Jacket Potato, Extra Pasta Dish, Sandwich/Baguette (Subject to availability)

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