



Townsend Primary School – Autumn/Winter Lunch Menu 2018



Week 1

Week 1 Commencing: 03/09, 24/09, 15/10, 05/11, 26/11, 17/12, 31/12, 21/01, 11/02

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 (Halal Available)	Chicken Burger with Sliced Tomatoes in a Floured Bun	Spaghetti Bolognese in Rich Tomato Sauce served with Garlic Bread	Roast BBQ Chicken with Jollof Rice	Sausages with Sweet Potato and Maris Piper Potato Mash Served with Onion Gravy	Jumbo Fish Fingers with Oven Baked Potato Wedges
Option 2 Vegetarian	Creamy Mac and Cheese with a Crunchy Breadcrumb Topping	Spaghetti Quorn Bolognese in Rich Tomato Sauce Served with Garlic Bread	Mixed Roasted Vegetables and Plantain with Jollof Rice	Quorn Veggie Sausage with Sweet Potato and Maris Piper Potato Mash Served with Onion Gravy	Five Beans with Grated Carrot Wrap
Vegetables	Sweetcorn	Sweetheart lightly Steamed Cabbage	Peas	Diced Carrots	Cut Green Beans
Salad	Tossed Mixed Leaves Grated Beetroot, Crated Carrot and Apple Salad	Potato, Green Bean, Sweetcorn and Cherry Tomato Salad Sliced Cucumber	Seasonal Winter Fruits with Waldorf Salad Sliced Tomatoes with Fresh Basil Leaves	Heirloom Tomato Salad Diced Cucumber	Nicoise Salad Mixed Lettuce Salad
Main Dessert	Wholegrain Apple Pie with Custard	Wholegrain Sticky Toffee Pudding	Sliced Melon	Wholegrain Carrot Cake with Vanilla Sauce	Sliced Peaches and Artic Roll
2nd Dessert	Mixed Fruit Yogurt	Oranges	Cheddar Cheese and Biscuits	Mixed Fruit Yogurt	Mixed Grapes
Other	Fresh organic bread, fresh fruit and water are available daily.				

Week 2

Week Commencing: 10/09, 01/10, 12/11, 03/12, 07/01, 28/01

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 (Halal Available)	Fill Your Jacket Potato with Egg and Watercress Mayo Cheese and Baked Beans	Aromatic Chicken Curry with Indian Saffron Rice and Naan Bread	Roast Lamb with Herby Potatoes, and Gravy	Chinese Sweet and Sour Chicken with Vegetable Fried Rice	Battered Cod with Oven Baked Chips
Option 2 Vegetarian	Fill Your Jacket Potato with Egg and Watercress Mayo and Baked Beans	Egg Spinach and Lentil Curry with Indian Saffron Rice and Naan Bread	Pasta Provencal (Pasta in a Tomato Garlic and Fresh Basil Sauce)	Chinese Stir-fry Vegetables with Noodles	Roasted Vegetable Quiche with Oven Baked Chips
Vegetables	Sweetcorn	Baby Carrots	Cauliflower	Mixed Vegetables	Sliced Green Beans
Salad	Diced Cucumber Mixed Leaf Salad Sliced Beetroot	3 Beans with Chickpea Salad Sweetcorn and Grated Carrot Salad	Caesar Salad with Cheese Mixed Lettuce	Greek Salad Cherry Tomatoes With Basil And Olive Dressing	Grated Carrots and Raisin Salad Diced Cucumber
Main Dessert	Wholegrain Chocolate and Orange Cake with a Chocolate Sauce	Wholegrain Bramley Apple Crumble and Custard	Fresh Fruit Salad	Warm Lemon Cake	Raspberry Jelly and Ice Cream
2nd Dessert	Mixed Fruit Yogurt	Bananas	Oranges	Mixed Fruit Yogurt	Peaches
Other	Fresh organic bread, fresh fruit and water are available daily.				

Week 3

Week 3 Commencing: 17/09, 08/10, 29/10, 19/11, 10/12, 14/01, 04/02

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 (Halal Available)	Margarita Pizza with Red Onions, Sweet Peppers and Sweetcorn	Lamb and Vegetable Lasagne	Afro Carib Mild Jerk Chicken with Vegetable Stir-Fried Rice	Italian Meatballs In Tomato and Basil Sauce served with Tagliatelli	Salmon Bites with a Sweet Potato and White Potato Chip Mix
Option 2 Vegetarian	Fill your Jacket Potato with Sweetcorn, Mayo and Baked Beans	Veggie, Spinach and Mushroom Lasagne	Mild Bean and Veggie Chilli with Herby Potatoes	Quorn Meatballs in Tomato and Basil Sauce, served with Tagliatelli	Pasta with Nut-Free Pesto Sauce and Vegetables
Vegetables	Mixed Vegetables	Steamed Broccoli	Diced Carrots	Sweetcorn	Peas
Salad	Nicoise Salad Mixed Herby Green Salad	Roasted Vegetables with Couscous Tomato and Cucumber Salad	Avocado and Mango Salad Diced Cucumber	Mozzarella and Mixed Olive Salad Sliced Tomatoes	Coleslaw Grated Carrot
Main Dessert	Fresh Fruit Salad	Rice Pudding with Mixed Berry Compote	Wholegrain Jam Sponge with Custard	Wholegrain Beetroot Chocolate Brownie	Strawberry Frozen Yogurt
2nd Dessert	Mixed Fruit Yogurt	Clementine's	Mixed Grapes	Sliced Oranges	Bananas
Other	Fresh organic bread, fresh fruit and water are available daily.				