

Townsend Primary School Spring Lunch Menu 2019



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Meal Option 1	Homemade Cajun Chicken Serve with new potatoes	Spaghetti Bolognese in Rich basil & Tomato Sauce served with Garlic Bread <i>(Dairy, Gluten, Eggs & Mustard)</i>	Roast BBQ Chicken with Jollof Rice	Sausages with Sweet Potato and Maris Piper Potato Mash Served with Onion Gravy <i>(Eggs)</i>	Jumbo Fish Fingers with Oven Baked Potato Wedges <i>(Eggs, Gluten)</i>
Meal Option 2 Vegetarian	Chickpea curry Serve with new potatoes	Spaghetti Quorn Bolognese in Rich Tomato Sauce Served with Garlic Bread <i>(Dairy, Gluten & Mustard)</i>	Roast Vegetables with Boiled Eggs and Jollof Rice <i>(Eggs)</i>	Jacket potato with Beans and Cheese <i>(Dairy)</i>	Five beans, Grated Carrot Roasted Vegetable and Halloumi Wrap <i>(Dairy, Gluten)</i>
Vegetables <i>Dairy allergen must be declared if butter is added to vegetables</i>	Sweetcorn	Lightly Steamed Sweetheart Cabbage	Peas	Diced Carrots	Cut Green Beans
Salad Bar	Tossed Mixed Leaves Grated raw Beetroot, Grated Carrot and Apple Salad <i>(Dairy, Egg)</i>	Potato, Green Bean, Sweetcorn and Cherry Tomato Salad Sliced Cucumber	Seasonal Winter Fruits with Waldorf Salad <i>(Eggs, Dairy, Celery, Gluten)</i> Sliced Tomatoes with Fresh Basil Leaves	Cucumber Raita <i>(Dairy)</i> Nicoise Salad <i>(Fish, Eggs)</i>	Mixed Lettuce Salad Coleslaw <i>(Egg, Mustard)</i>
Main Dessert	Wholegrain Apple Pie with Custard <i>(Dairy, Egg & Gluten)</i>	Blueberry and Lime Cookies <i>(Dairy Gluten)</i>	Sliced Melon	Wholegrain Carrot Cake with Vanilla Sauce <i>(Dairy, Egg & Gluten)</i>	Sliced Peaches and Artichoke Roll <i>(Dairy, Egg & Gluten)</i>
2nd Dessert	Mixed Fruit Yogurt <i>(Dairy)</i>	Oranges	Cheddar Cheese and Biscuits <i>(Dairy Gluten)</i>	Mixed Fruit Yogurt <i>(Dairy)</i>	Mixed Grapes
Other	Sandwiches or baguettes on offer each day and fresh organic bread, fresh fruit and water are also available daily.				

Week 1 Commencing: 04/03, 25/03, 22/04, 13/05



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Week 2	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Meal Option 1	Fill your Jacket Potato with Watercress Egg Mayo and Cheese, baked beans <i>(Eggs, Dairy, Mustard)</i>	Tuna and Sweetcorn pasta in light tomato sauce <i>(Fish, Gluten)</i>	Lamb and Rosemary Koftas served with Salsa and Naan Bread Bombay Potatoes <i>(Gluten, Egg)</i>	Aromatic Chicken Tikka Masala with Indian Saffron Rice	Battered Cod with Oven Baked Chips <i>(Dairy, Gluten)</i>
Meal Option 2 Vegetarian	Fill your Jacket Potato with Baked Cheese, <i>(Dairy)</i>	Roast Vegetable and Asparagus Tart Served with Wedges <i>(Gluten)</i> <i>(EGG FREE)</i>	Pasta Provencal (Pasta in a Tomato Garlic and Fresh Basil Sauce) <i>(Gluten)</i>	Egg, Spinach and Lentil Curry with Indian Saffron Rice <i>(Egg)</i>	Mexican Bean Wrap - Oven Baked Chips <i>(Gluten)</i>
Vegetables Dairy allergen must be declared if butter is added to vegetables	Sweetcorn	Baby Carrots	Broccoli	Mixed Vegetables	Sliced Green Beans
Salad Bar	Diced Cucumber Mixed Leaf With Grated Raw Beetroot and Carrot Salad with Basil and Olive Dressing	3 Beans and Chickpea Salad Cherry Tomatoes and Red Onions with Basil and Olive Dressing	Caesar Salad with Cheese <i>(Dairy)</i> Mixed Lettuce	Greek Salad <i>(Dairy)</i> Sweetcorn with Mixed Sweet Peppers Salad	Rainbow Coleslaw <i>(,Egg & Mustard)</i> Diced Cucumber
Main Dessert	Wholegrain Chocolate and Orange Cake with a Chocolate Sauce <i>(Dairy, Eggs, Gluten)</i>	Wholemeal Courgette And Lime Cake <i>(Dairy, Eggs, Gluten)</i>	Raspberry Jelly with Fresh Fruit Salad	Strawberry Rhubarb Crisp	Strawberry and Banana Smoothie <i>(Dairy)</i>
2nd Dessert	Mixed Fruit Yogurt <i>(Dairy)</i>	Bananas	Oranges	Mixed Fruit Yogurt <i>(Dairy)</i>	Peaches
Other	Sandwiches or baguettes on offer each day and fresh organic bread, fresh fruit and water are also available daily.				



Week Commencing: 11/03, 01/04, 29/04, 20/05



Townsend Primary School Spring Lunch Menu 2019



Week 3	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Meal Option 1	Margarita Pizza with Red Onions, Sweet Peppers and Sweetcorn <i>(Dairy, Gluten)</i>	Rolled Chicken Quesadilla with Roast Potatoes <i>(Gluten)</i>	Afro Carib Mild Jerk Chicken with Rice and Peas	Italian Meatballs in Tomato and Basil Sauce served with Tagliatelli <i>(Eggs, Gluten)</i>	Salmon Bites with a Sweet Potato and White Potato Chip Mix <i>(Fish, Eggs, Gluten)</i>
Meal Option 2 Vegetarian	Vegan Tacos with Five Beans, Sweet Peppers, Tomato and Onion Sauce. <i>(Gluten)</i>	Butternut Squash and Spinach in a Filo Pastry Parcel served with Roast Potatoes <i>(Gluten)</i>	Mild Bean and Veggie Chilli with Rice	Quorn Meatballs in Tomato and Basil Sauce, served with Tagliatelli <i>(Eggs, Gluten)</i>	Pasta with Nut-Free Pesto Sauce and Spring Vegetables <i>(Gluten)</i>
Vegetables <i>Dairy allergen must be declared if butter is added to vegetables</i>	Mixed Vegetables	Diced Carrots	Spring Greens	Sweetcorn	Peas
Salad Bar	Nicoise Salad <i>(Fish, Eggs)</i> Mixed Herby Green Salad	Roasted Vegetables with Couscous Tomato and Cucumber Salad	Avocado and Mango Salad Carrot Sticks	Mozzarella and Mixed Olive Salad <i>(Dairy)</i> Sliced Tomatoes	Coleslaw <i>(Egg & Mustard)</i> Grated Carrot
Main Dessert	Fresh Fruit Salad	Fruit Jelly and ice Cream <i>(Dairy)</i>	Wholegrain Jam Sponge with Custard <i>(Dairy, Eggs, Gluten)</i>	Wholemeal Blueberry Muffins <i>(Dairy, Eggs, Gluten)</i>	Strawberry Frozen Yogurt <i>(Dairy)</i>
2nd Dessert	Mixed Fruit Yogurt <i>(Dairy)</i>	Clementine's	Mixed Grapes	Sliced Oranges	Bananas
Other	Sandwiches or baguettes on offer each day and fresh organic bread, fresh fruit and water are also available daily.				

Week 3 Commencing: 25/02, 18/03, 06/05

