



Townsend Primary School

Spring Lunch Menu 2019



Week 1

Week Commencing: 13/1/20, 3/2/20, 24/2/20, 16/3/20

	Monday	Tuesday	Wednesday	Thursday	Friday
Meal Option 1 Halal available	Chicken and sweetcorn Pizza served with wedges	Bolognese in Rich basil & Tomato Sauce served with pasta shapes and Garlic Bread	Roast BBQ Chicken with Jollof Rice	Chicken Sausage Hot dogs and Parmentier potatoes	Jumbo Fish Fingers with Oven Baked Potato Wedges
Meal Option 2 Meat free	Mexican Vegetable and bean Chilli served with rice	Quorn Sausage in gravy served with white mash	Roast Vegetables with boiled eggs and Jollof Rice	Jacket potato with Beans and Cheese	Veggie burger with oven baked potato wedges
Vegetables	Broccoli	Lightly Steamed Sweetheart Cabbage	Cut Green Beans	Diced Carrots	Peas
Deli Bar	Jacket Potato and beans	Pasta and Sweetcorn	Filled baguettes	Pasta in tomato sauce	Jacket potato and beans
Salad Bar	Tossed Mixed Leaves Grated raw Beetroot, Grated 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	Cucumber Raita Niçoise Salad	Mixed Lettuce Salad Coleslaw
Main Dessert	Wholegrain Apple Pie with Custard	Blueberry and Lime Cookies	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: 20/1/20, 10/2/20, 2/3/20, 23/3/20

	Monday	Tuesday	Wednesday	Thursday	Friday
Meal Option 1 Halal available	Fill your Jacket Potato with Mince, OR Cheese, baked beans	Homemade Cajun Chicken Served with new potatoes	Roast Beef served with roast potatoes	Thick Chicken curry with Indian Saffron Rice	Battered Cod with Oven Baked Chips
Meal Option 2 Meat free	Stir fry vegetables with noodles	Sweet potato and chickpea casserole	Pasta Provencal (Pasta in a Tomato Garlic and Fresh Basil Sauce)	Spinach and Lentil Curry with Indian Saffron Rice	Mexican Bean Wrap - Oven Baked Chips
Vegetables	Sweetcorn	Baby Carrots	Broccoli	Mixed Vegetables	Sliced Green Beans
Deli bar	Variety of sandwiches	Cheese and tomato wrap	Jacket potato and cheese	Filled baguettes	Pasta in tomato sauce
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 Mixed Lettuce	Greek Salad Sweetcorn with Mixed Sweet Peppers Salad	Rainbow Coleslaw Diced Cucumber
Main Dessert	Wholegrain Chocolate and Orange Cake with a Chocolate Sauce	Wholemeal Courgette And Lime Cake	Raspberry Jelly with Fresh Fruit Salad	Strawberry Rhubarb Crisp	Strawberry and Banana Smoothie
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 Commencing: 27/1/20, 9/3/20, 30/3/20

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 Halal Available	Margarita Pizza with Red Onions, Sweet Peppers and Sweetcorn	Meatballs in tomato sauce and pasta shapes	Afro Carib Mild Jerk Chicken with Rice and Peas	Mexican beef and vegetable chilli served with spicy wedges	Fish cakes with chips
Option 2 Vegetarian	Vegetable lasagne served with garlic bread	Macaroni cheese	Mild Bean and Veggie Chilli with Rice	Cheese and red onion quiche served with potato wedges	Quorn burger with wedges
Vegetables	Mixed Vegetables	Diced Carrots	Spring Greens	Sweetcorn	Peas
	Filled baguettes	Jacket potato with cheese	Sandwiches	Pasta and sweetcorn	Jacket potato and beans
Salad	Coleslaw Niçoise Salad Mixed Herby Green Salad	Roasted Vegetables with Couscous Tomato and Cucumber Salad	Avocado and Mango Salad Carrot Sticks	Mozzarella and Mixed Olive Salad Sliced Tomatoes	Coleslaw Grated Carrot
Main Dessert	Fresh Fruit Salad	Fruit Boost	Wholegrain Jam Sponge with Custard	Wholemeal Blueberry Muffins	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.				