



Townsend Primary School – Autumn Lunch Menu 2020



Week 1

Week 1 Commencing: 7/9, 28/9, 19/10, 16/11, 7/12

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 (Halal Available)	Beef Burger with Sliced Tomatoes in a Floured Bun with spicy potato wedges fries	Spaghetti Bolognese in Rich Tomato Sauce served with Garlic Bread	Roast BBQ Chicken with Jollof Rice	Sausages and Maris Piper Potato Mash Served with Onion Gravy	Jumbo Fish Fingers with Oven Baked Potato Wedges
Option 2 Meat free	Creamy Mac and Cheese with a Crunchy Breadcrumbs Topping	Falafels with Pitta Bread and grated cheese	Mixed Roasted Vegetables and Plantain with Jollof Rice	Quorn Veggie Sausage with Jacket potato with Onion Gravy	Five Beans with Grated Carrot Wrap
Vegetables	Sweetcorn	Mixed Vegetables	Peas	Diced Carrots	Cut Green Beans
Deli choice	Cheese or Tuna Sandwich	Tuna or Chicken Salad wrap	Cheese or Tuna Baguette	Cheese or Turkey Ham Bagel	Cheese or Tuna Muffin
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	Niçoise Salad Mixed Lettuce Salad
Main Dessert	Wholegrain Apple Pie with Custard	Wholegrain Sticky Toffee Pudding	Sliced Melon/Fruit platter	Blueberry Muffin	Sliced Peaches and Artichoke Roll
2nd Dessert	Mixed Fruit Yogurt	Oranges	Cheese triangle and Crackers	Mixed Fruit Yogurt	Mixed Grapes
Other	Fresh organic bread, fresh fruit and water are available daily.				

Week 2

Week Commencing: 14/9, 5/10, 2/11, 23/11, 14/12

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 (Halal Available)	Margarita Pizza with mushroom and fresh basil	Aromatic Chicken Curry with Indian Saffron Rice and Naan Bread	Roast Lamb with Herby Potatoes, and Gravy	Chinese Chicken with Vegetable Fried Rice	Battered Cod with Oven Baked Chips
Option 2 Meat free	Fill Your Jacket Potato Cheese and Baked Beans	Vegetable and Lentil Curry with Indian Saffron Rice and Naan Bread	Pasta Provencal (Pasta in a Tomato Garlic and Fresh Basil Sauce)	Vegetable biriyani	Veggie Hotdog with oven baked chips
Deli choice	Tuna or Turkey Ham Sandwich	Cheese or Chicken Salad wrap	Cheese or Tuna Baguette	Cheese or Chicken Bagel	Cheese or Tuna Muffin
Vegetables	Sweetcorn	Broccoli	Cauliflower	Mixed Vegetables	Sliced Green Beans
Salad	Diced Cucumber Mixed Leaf Salad Sliced Beetroot	3 Beans 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: 21/9, 12/10, 9/11, 30/11

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 (Halal Available)	Margarita Pizza with Red Onions, Sweet Peppers and Sweetcorn	Chilli con carne served with rice	Afro Carib Mild Jerk Chicken with Vegetable Stir-Fried Rice	Italian Meatballs in Tomato and Basil Sauce served with Tagliatelle	Salmon Bites with a White Potato Chip
Option 2 Meat free	Fill your Jacket Potato with Cheese, Sweetcorn, Mayo and Baked Beans	Creamy tomato and basil pasta	Cheese and tomato quiche served with new potatoes	Quorn bolognese in Tomato and Basil Sauce, served with Tagliatelle	Bean and potato burrito served with chips
Deli choice	Cheese or Tuna Sandwich	Tuna or Chicken Salad wrap	Cheese or Tuna Baguette	Cheese or Turkey Ham Bagel	Cheese or Tuna Muffin
Vegetables	Mixed Vegetables	Steamed Broccoli	Diced Carrots	Sweetcorn	Peas
Salad	Niçoise 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	Wholegrain Jam Sponge with Custard	Selection of Fresh Fruit	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.				