



# Townsend Primary School

## Spring 2022 Lunch Menu



### Week 1 - Week Commencing: 3/1/22, 24/1/22, 7/3/22, 28/3/22

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meal Option 1 Halal available</b>	Courgette and Mushroom 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 in a bag
<b>Meal Option 2 Meat free</b>	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 in a bag
<b>Deli Bar</b>	Chicken Sandwich Tuna Sandwich	Tuna Wrap Chicken Salad Wrap	Roast Chicken Bagel Mixed Fruit Jam Bagel	Roast Beef in a Savoury Muffin Tuna Muffin	Cheese Baguette Tuna Baguette
<b>Vegetables</b>	Broccoli	Lightly Steamed Sweetheart Cabbage	Cut Green Beans	Diced Carrots	Peas
<b>Salad Bar</b>	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
<b>Main Dessert</b>	Wholegrain Apple Pie with Custard	Blueberry and Lime Cookies	Sliced Melon	Wholegrain Carrot Cake with Vanilla Sauce	Sliced Peaches and Artichoke Roll
<b>2<sup>nd</sup> Dessert</b>	Mixed Fruit Yogurt	Oranges	Cheddar Cheese and Biscuits	Mixed Fruit Yogurt	Mixed Grapes
<b>Other</b>	<b>Fresh organic bread, fresh fruit and water are available daily.</b>				

### Week 2 - Week Commencing: 10/1/22, 31/1/22, 21/2/22, 14/3/22

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meal Option 1 Halal available</b>	Fill your Jacket Potato with Quorn 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 in a bag
<b>Meal Option 2 Meat free</b>	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 in a bag
<b>Deli Bar</b>	Tuna Sandwich Turkey Sandwich	Low Fat Cheese Wrap Chicken Salad Wrap	Fish Finger Sandwich Roast Beef with Cucumber Salad Sandwich	Roast Beef in a Savoury Muffin Tuna Muffin	Turkey Salad Baguette Tuna Baguette
<b>Vegetables</b>	Sweetcorn	Baby Carrots	Broccoli	Mixed Vegetables	Sliced Green Beans
<b>Salad Bar</b>	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
<b>Main Dessert</b>	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
<b>2<sup>nd</sup> Dessert</b>	Mixed Fruit Yogurt	Bananas	Oranges	Mixed Fruit Yogurt	Peaches
<b>Other</b>	<b>Fresh organic bread, fresh fruit and water are available daily.</b>				

### Week 3 - Week Commencing: 17/1/22, 7/2/22, 28/2/22, 21/3/22

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1 Halal Available</b>	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 in a bag
<b>Option 2 Vegetarian</b>	Mild Bean and Veggie Chilli with Rice	Cheese and red onion quiche served with potato wedges	Vegetable lasagne served with garlic bread	Macaroni cheese	Quorn burger with wedges in a bag
<b>Deli Bar</b>	Cheese Sandwich Tuna Sandwich	Tuna Wrap Chicken Salad Wrap	Niçoise Stuffed Baguette Cheese Baguette	Cheese Baguette Tuna Baguette	Sliced Beef Croissant Turkey Croissant
<b>Vegetables</b>	Mixed Vegetables	Diced Carrots	Spring Greens	Sweetcorn	Peas
<b>Salad</b>	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
<b>Main Dessert</b>	Fresh Fruit Salad	Fruit Boost	Wholegrain Jam Sponge with Custard	Wholemeal Blueberry Muffins	Strawberry Frozen Yogurt
<b>2<sup>nd</sup> Dessert</b>	Mixed Fruit Yogurt	Clementine's	Mixed Grapes	Sliced Oranges	Bananas
<b>Other</b>	<b>Fresh organic bread, fresh fruit and water are available daily.</b>				