

LEWISHAM PRIMARY SCHOOL 2 WEEK MENU

2023



SALADS

DESSERT







Monday

Tomato, Cucumber, Lettuce

Organic Yoghurt

Strawberry Frozen Yoghurt

& Fruit Slices

& Fresh Fruit Slices

Tuesday

Wednesday

Tomato, Cucumber, Lettuce

Organic Yoghurt

Cheese and Biscuits

& Fresh Fruit Bowl

with Fresh Apple Slices

Thursday

Friday

Macaroni Cheese Beef Bolognese Roast Turkey Sweet Chilli Vegetable Noodles **Breaded Fish Fingers** MAIN DISH 1 with Carrots & Peas with Wholemeal Pasta with Roast Potatoes & Gravy with Broccoli & Sweetcorn or Jerk Chicken and Garlic & Herb Bread with Chips 0 West African **Sweet Potato Curry** Vegetable Pastry Roll Vegetarian Lasagne Crispy Quorn Vegetable Rice with Roast Potatoes & Gravy with Garlic & Herb Bread Veggie Dippers with Wholegrain Rice with Sweetcorn & Green Beans with Chips MAIN DISH 2 W W VE V VE V VE V VE Jacket Potato with Salmon Mayonnaise 🏠 SCHOOLS CHOICE Freshly Made Tomato Pasta or Topped Jacket Potato with Cheese, Coleslaw, Beans or Tuna Mayo or Filled Sandwich/Baguette VE * VE 🐲 VE W Carrots Sweetcorn Cabbage Broccoli **Baked Beans** VEGETABLES Peas Green Beans Carrots Peas Sweetcorn Pasta Salad, Carrot, Noodle Salad, Peppers, Cous Cous Salad, Sweetcorn, Potato Salad, Carrot, Tomato, Coleslaw, Sweetcorn, Tomato,

Water, Milk & Freshly Baked Bread Available Every Day

Tomato, Cucumber, Lettuce

Organic Yoghurt

Orange Drizzle Cake

& Custard

& Fresh Fruit Salad

We offer medical diet and allergen support, please speak to your school office. Vegetables & Fruit are subject to seasonal variation. Menu is subject to availability and individual school changes.



Cucumber, Lettuce

Organic Yoghurt

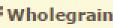
Lemon Slice

& Fresh Fruit Salad

with Fresh Fruit







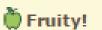
Cucumber, Lettuce

Organic Yoghurt

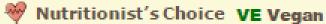
Chocolate Ice Cream

& Fruit Slices

& Fresh Fruit Slices









Sustainable







Monday

Tuesday

Wednesday

Thursday

Friday

MAIN DISH 1

Cheese and Tomato Pizza with Potato Wedges



West African Chicken Rice

with Peas & Sweetcorn

Roast Turkey Picnic Plate with Roast Garlic & Herb **New Potatoes**

Vegetarian Cottage Pie with Sweetcorn & Broccoli VE 🐭

Breaded Fish Fingers or Jerk Chicken with Chips

MAIN DISH 2

Chinese Vegetable Noodles with Sweetcorn & Green Beans

Mexican Vegetable Tortilla Pie with Rice, Peas & Sweetcorn

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Cheesey Ploughman's Plate with Roast Garlic & Herb **New Potatoes**

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with Wholegrain Pasta **(7)** (a)

Tomato and Herb Pasta Bake

Crispy Quorn **Veggie Dippers** with Chips



SCHOOLS CHOICE

VEGETABLES

Freshly Made Tomato Pasta or Topped Jacket Potato with Cheese, Coleslaw, Beans or Tuna Mayo or Filled Sandwich/Baguette









Coleslaw **Cucumber Sticks**

Broccoli Sweetcorn **Baked Beans** Peas

Coleslaw, Sweetcorn, Tomato,

SALADS

DESSERT

Pasta Salad, Carrot, Tomato, Cucumber, Lettuce

Sweetcorn

Green Beans

Organic Yoghurt & Fresh Fruit Slices

Mango Frozen Yoghurt

& Fruit Slices

Tomato, Cucumber, Lettuce **Organic Yoghurt**

Peas

Sweetcorn

Noodle Salad, Peppers,

Berry Flapjack & Fruit Slices

& Fresh Fruit Slices

Cous Cous Salad, Sweetcorn, Tomato, Cucumber, Lettuce

> **Organic Yoghurt** & Fresh Fruit Bowl

Chocolate Brownie & Fruit Slices **Organic Yoghurt**

Potato Salad, Carrot, Tomato,

Cucumber, Lettuce

Pineapple Upside Down Cake & Custard

& Fresh Fruit Salad a

Cucumber, Lettuce **Organic Yoghurt**

& Fresh Fruit Slices

Chocolate Milkshake & Shortbread

Water, Milk & Freshly Baked Bread Available Every Day

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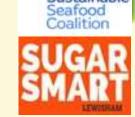












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