



LEWISHAM PRIMARY SCHOOL 2 WEEK MENU

2023





WEEK 1

W/C: 30/10 13/11 27/11 11/12

Monday

Tuesday

Wednesday

Thursday

Friday

AUTUMN/WINTER 2023

MAIN DISH 1	Macaroni Cheese with Carrots & Peas 	Beef Bolognese with Wholemeal Pasta and Garlic & Herb Bread 	Roast Turkey with Roast Potatoes & Gravy 	Sweet Chilli Vegetable Noodles with Broccoli & Sweetcorn 	Breaded Fish Fingers or Jerk Chicken with Chips
MAIN DISH 2	Sweet Potato Curry with Wholegrain Rice   VE	West African Vegetable Rice with Sweetcorn & Green Beans  VE	Vegetable Pastry Roll with Roast Potatoes & Gravy  VE	Vegetarian Lasagne with Garlic & Herb Bread 	Crispy Quorn Veggie Dippers with Chips  VE
SCHOOLS CHOICE	Freshly Made Tomato Pasta or Topped Jacket Potato with Cheese, Coleslaw, Beans or Tuna Mayo or Filled Sandwich/Baguette  VE    VE 				
VEGETABLES	Carrots Peas	Sweetcorn Green Beans	Cabbage Carrots	Broccoli Sweetcorn	Baked Beans Peas
SALADS	Pasta Salad, Carrot, Tomato, Cucumber, Lettuce	Noodle Salad, Peppers, Tomato, Cucumber, Lettuce	Cous Cous Salad, Sweetcorn, Tomato, Cucumber, Lettuce	Potato Salad, Carrot, Tomato, Cucumber, Lettuce	Coleslaw, Sweetcorn, Tomato, Cucumber, Lettuce
DESSERT	Organic Yoghurt & Fresh Fruit Slices  Strawberry Frozen Yoghurt & Fruit Slices	Organic Yoghurt & Fresh Fruit Salad  Orange Drizzle Cake & Custard	Organic Yoghurt & Fresh Fruit Bowl  Cheese and Biscuits with Fresh Apple Slices 	Organic Yoghurt & Fresh Fruit Salad  Lemon Slice with Fresh Fruit 	Organic Yoghurt & Fresh Fruit Slices  Chocolate Ice Cream & Fruit Slices

Water, Milk & Freshly Baked Bread Available Every Day

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.

 Vegetarian  Oily Fish  Wholegrain

 Fruity!  Nutritionist's Choice  VE Vegan





WEEK 2

W/C: 06/11 20/11 04/12 18/12

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



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



Cheesy Ploughman's Plate
with Roast Garlic & Herb
New Potatoes



Tomato and Herb Pasta Bake
with Wholegrain Pasta



Crispy Quorn
Veggie Dippers
with Chips



SCHOOLS CHOICE

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



VEGETABLES

Sweetcorn
Green Beans

Peas
Sweetcorn

Coleslaw
Cucumber Sticks

Broccoli
Sweetcorn

Baked Beans
Peas

SALADS

Pasta Salad, Carrot,
Tomato, Cucumber, Lettuce

Noodle Salad, Peppers,
Tomato, Cucumber, Lettuce

Cous Cous Salad, Sweetcorn,
Tomato, Cucumber, Lettuce

Potato Salad, Carrot, Tomato,
Cucumber, Lettuce

Coleslaw, Sweetcorn, Tomato,
Cucumber, Lettuce

DESSERT

Organic Yoghurt
& Fresh Fruit Slices



Organic Yoghurt
& Fresh Fruit Slices



Organic Yoghurt
& Fresh Fruit Bowl



Organic Yoghurt
& Fresh Fruit Salad



Organic Yoghurt
& Fresh Fruit Slices



Mango Frozen Yoghurt
& Fruit Slices

Berry Flapjack
& Fruit Slices



Chocolate Brownie
& Fruit Slices



Pineapple Upside Down
Cake & Custard







Chocolate Milkshake
& Shortbread

Water, Milk & Freshly Baked Bread Available Every Day

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.

 Vegetarian  Oily Fish  Wholegrain
 Fruity!  Nutritionist's Choice  Vegan

