

Lewisham 2020 Menu

Week 1

02/11 23/11 14/12 04/01 25/01 22/02 15/03

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	5 Spice Veggie Noodles	BBQ Beef Meatballs <i>with Pasta**</i>	Roast Chicken <i>with Roast Potatoes & Gravy</i>	Chinese Chicken Noodles	MSC Salmon Fish Fingers*** & Chips
Alternative Dish	Tomato and Basil Pasta**	Cheese and Tomato Pizza with Potato Wedges	Vegetable Pastry Slice <i>with Roast Potatoes & Gravy</i>	Quorn Bolognese** <i>with Pasta</i>	Quorn Dippers <i>with Chips</i>
Schools Choice	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****
Vegetables	Peas Carrots Mixed Salad	Green Beans Cauliflower Mixed Salad	Carrots Cabbage Mixed Salad	Sweetcorn Roast Vegetables Mixed Salad	Baked Beans Peas Mixed Salad
Desserts	Chocolate Cake <i>with Fresh Fruit Slices</i>	Apple and Pear Strudel* <i>with Custard</i>	Blueberry Frozen Yoghurt & Fruit Slices	Pineapple Cake <i>with Fresh Fruit Slices*</i>	Shortbread Biscuit <i>with Fresh Fruit Slices</i>
	Yoghurt & Fresh Fruit Salad*	Yoghurt & Fresh Fruit Slices*	Yoghurt & Fresh Fruit Bowl*	Yoghurt & Fresh Fruit Slices*	Yoghurt & Fresh Fruit Salad*

Cool Milk or Water & Freshly Baked Bread available daily

******Schools Choice:** Filled Jacket Potato, Extra Pasta Dish, Sandwich/Baguette (Subject to availability)
Please speak to the Catering Manager for special dietary requirements and allergen information
Vegetables & Fruit are subject to seasonal variation. Menu is subject to individual school changes.

*Fruit Based **Wholegrain ***Oily Fish



Chartwells Lewisham are Sugar Smart
find out more, visit our website:
www.lewishamschoolmeals.co.uk



Seafood with this mark comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery

Lewisham 2020 Menu

Week 2

09/11 30/11 11/01 01/02 01/03 22/03

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Quorn Spaghetti Bake	Jerk Chicken <i>with Rice & Peas</i>	Roast Turkey <i>with Roast Potatoes & Gravy</i>	Beef Lasagne <i>with Garlic & Herb Bread Wedge**</i>	MSC Cod Fish <i>Fingers & Chips</i>
Alternative Dish	Veggie Korma <i>with Rice**</i>	Sweet Potato Burger <i>with Potato Wedges</i>	Quorn Roast <i>with Roast Potatoes & Gravy</i>	Mild Chilli Cheese Burrito Wrap	Veggie Pizza Hot Dog <i>with Chips</i>
Schools Choice	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****
Vegetables	Sweetcorn Broccoli Mixed Salad	Cauliflower Peas Mixed Salad	Carrots Roast Parsnips Mixed Salad	Green Beans Sweetcorn Mixed Salad	Baked Beans Peas Mixed Salad
Desserts	Chocolate & Raspberry Swirl Cake <i>with Fruit Slices</i>	Apple and Berry Crumble* <i>with Custard</i>	Mango Frozen Yoghurt <i>with Fresh Fruit Slices</i>	Oat Flapjack <i>with Fresh Fruit Slices*</i>	Banana and Cinnamon Cake* <i>with Fresh Fruit Slices</i>
	Yoghurt & Fresh Fruit Slices*	Yoghurt & Fresh Fruit Salad*	Yoghurt & Fresh Fruit Bowl*	Yoghurt & Fresh Fruit Salad*	Yoghurt & Fresh Fruit Slices*
<p>Cool Milk or Water & Freshly Baked Bread available daily</p> <p>****Schools Choice: Filled Jacket Potato, Extra Pasta Dish, Sandwich/Baguette (Subject to availability) Please speak to the Catering Manager for special dietary requirements and allergen information Vegetables & Fruit are subject to seasonal variation. Menu is subject to individual school changes.</p> <p>*Fruit Based **Wholegrain ***Oily Fish</p>					



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MSC-C-50704

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Week 3

16/11 07/12 18/01 08/02 08/03 29/03

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	BBQ Quorn Burger with Potato Wedges	Lemon & Ginger Chinese Chicken with Rice	'School's Choice' Roast with Roast Potatoes & Gravy	Beef Bolognese Pasta**	Crispy MSC Pollock Fillet & Chips
Alternative Dish	Mild Sweet Potato Curry with Rice	Vegetable Lasagne with a Garlic & Herb Bread Wedge**	Vegetarian Sausages with Roast Potatoes & Gravy	Matar Paneer Curry with Rice	Macaroni Cheese Pasta
Schools Choice	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****
Vegetables	Carrots Sweetcorn Mixed Salad	Green Beans Roast Vegetables Mixed Salad	Cabbage Carrots Mixed Salad	Broccoli Sweetcorn Mixed Salad	Peas Baked Beans Mixed Salad
Desserts	Chocolate Slice* with Fresh Fruit	Apple Crumble* with Custard	Strawberry Frozen Yoghurt with Fresh Fruit Slices	Baked Orange and Vanilla Rice Pudding with Fruit Slices	Raspberry Yoghurt Cake with Fresh Fruit Slices
	Yoghurt & Fresh Fruit Salad*	Yoghurt & Fresh Fruit Slices*	Yoghurt & Fresh Fruit Bowl*	Yoghurt & Fresh Fruit Slices*	Yoghurt & Fresh Fruit Salad*

Cool Milk or Water & Freshly Baked Bread available daily

******Schools Choice:** Filled Jacket Potato, Extra Pasta Dish, Sandwich/Baguette (Subject to availability)
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