

Lewisham Primary Menu 2020 – 21

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Vege Balls In Tomato Sauce with Pasta **	BBQ Chicken with Rice **	Roasted Chicken with Roast Potatoes and Gravy	Beef Bolognese with Pasta **	MSC Pollock Fish Finger and Chips
Alternative Dish	Soft Taco and Cajun Potato Wedges	Vegetable Lasagne with a Garlic & Herb Bread Wedge **	Vegetarian Sausages with Roast Potatoes and Gravy	Chinese Veggie Noodles	Baked Macaroni Cheese
		Jacket Potato with Salmon Mayo Topper ***			
Schools Choice	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****
Vegetables	Sweetcorn Broccoli and Cauliflower Medley	Carrots Broccoli	Peas Cabbage	Broccoli Sweetcorn	Baked Beans Peas
Salad Bar	'Salad of the Day', Tomato, Cucumber, Lettuce, Carrot	'Salad of the Day', Tomato, Cucumber, Lettuce, Sweetcorn	'Salad of the Day', Tomato, Cucumber, Lettuce, Peppers	'Salad of the Day', Tomato, Cucumber, Lettuce, Carrot	'Salad of the Day', Tomato, Cucumber, Lettuce, Sweetcorn
Desserts	Blueberry frozen Yoghurt with Fruit Slices	Chocolate Slice* with Fruit Slices	Fruit and Yoghurt Bar	Apple and Berry Crumble * and Custard	Cheese & Biscuits with Grapes & Apples
	Yoghurt & Fresh Fruit Slices*	Yoghurt & Fresh Fruit Salad*		Yoghurt & Fresh Fruit Salad*	Yoghurt & Fresh Fruit Slices*

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

*Fruit Based **Wholegrain ***Oily Fish



Lewisham Primary Menu 2020 – 21

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	The Incredible Burger <i>With Cajun Potato Wedges</i>	Chicken Tikka Masala <i>with Rice **</i>	Roast Beef <i>with Roast Potatoes and Gravy</i>	Beef Lasagne <i>with a Garlic & Herb Bread Wedge **</i>	MSC Pollock Fish Finger <i>and Chips</i>
Alternative Dish	Vege Balls In Tomato Sauce <i>with Pasta **</i>	Quorn Bolognese <i>with Pasta **</i>	Vegetable Pastry Slice <i>with Roast Potatoes and Gravy (pastry)</i>	Vegetable Supreme Pizza ** <i>With Cajun Potato Wedges</i>	Quorn Dippers <i>and Chips</i>
Schools Choice	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****
Vegetables	Peas Sweetcorn	Green Beans Carrots	Cabbage Peas	Sweetcorn Broccoli	Peas Baked Beans
Salad Bar	'Salad of the Day', Tomato, Cucumber, Lettuce, Carrot	'Salad of the Day', Tomato, Cucumber, Lettuce, Sweetcorn	'Salad of the Day', Tomato, Cucumber, Lettuce, Peppers	'Salad of the Day', Tomato, Cucumber, Lettuce, Carrot	'Salad of the Day', Tomato, Cucumber, Lettuce, Sweetcorn
Desserts	Mango Frozen Yoghurt <i>with Fruit Slices</i>	Apple Cake* <i>with Fruit Slices</i>	Fruit and Yoghurt Bar	Berry and Peach Crumble * <i>with Custard</i>	Cheese & Biscuits <i>with Grapes & Apples</i>
	Yoghurt & Fresh Fruit Slices*	Yoghurt & Fresh Fruit Salad*		Yoghurt & Fresh Fruit Salad*	Yoghurt & Fresh Fruit Slices*

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

*Fruit Based **Wholegrain ***Oily Fish



Lewisham Primary Menu 2020 - 21 Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Mild Chickpea and Potato Curry with Rice **	Chicken Burger with Cajun Potato Wedges	Roast Turkey with Roast Potatoes and Gravy	Beef Bolognese with Pasta **	MSC Pollock Fish Finger and Chips
Alternative Dish	Veggie Sausages and Mash with Gravy	Baked Macaroni Cheese	Country Vegetable Pie with Roast Potatoes and Gravy (pastry)	Vegetable Supreme Pizza ** With Cajun Potato Wedges	Quorn Dippers and Chips
Schools Choice	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****
Vegetables	Sweetcorn Broccoli	Peas Carrots	Carrots Cabbage	Sweetcorn Broccoli	Baked Beans Peas
Salad Bar	'Salad of the Day', Tomato, Cucumber, Lettuce, Carrot	'Salad of the Day', Tomato, Cucumber, Lettuce, Sweetcorn	'Salad of the Day', Tomato, Cucumber, Lettuce, Peppers	'Salad of the Day', Tomato, Cucumber, Lettuce, Carrot	'Salad of the Day', Tomato, Cucumber, Lettuce, Sweetcorn
Desserts	Raspberry Ripple Ice Cream with Fruit Slices	Banana and Cinnamon Cake* with Fruit Slices	Fruit and Yoghurt Bar	Chocolate Slice* with Fruit Slices	Cheese & Biscuits with Grapes & Apples
	Yoghurt & Fresh Fruit Slices*	Yoghurt & Fresh Fruit Salad*		Yoghurt & Fresh Fruit Salad*	Yoghurt & Fresh Fruit Slices*

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

*Fruit Based **Wholegrain ***Oily Fish

