

Lewisham Primary AW21 Core Menu



Lewisham Primary Autumn/Winter 2021 Menu Week 1

30/08 20/09 11/10 08/11 29/11 03/01 24/01 21/02 14/03

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Veggie Sausages  with Mashed Potato and Gravy (V)	Allegra's  Garlicky Chicken & Spanish Spuds	Roast Beef with Roast Potatoes and Gravy	Quorn Hotdog with Jacket Wedges (V)	Golden Fish Fingers and Chips
					BBQ Chicken Wrap with Chips
Alternative Dish	Caribbean Style Coconut Curry with 50/50 Rice ** (V)	Allegra's Cheesy Peasy Risotto Bake (V)	Butternut Squash & Potato Pastry Slice (Ve) with Roast Potatoes & Gravy	Vegetable Lasagne with Garlic & Herb Bread Wedge ** (V)	Veggie Soft Taco  With 50/50 Rice ** (Ve)
School's Choice	Choice of Jacket Potato w/ Beans  , Tuna, Cheese or Coleslaw, Tomato Pasta ** (V) or Packed Lunch				
Vegetables	Peas Carrots	Sweetcorn Broccoli	Carrots Cabbage	Sweetcorn Green Beans	Baked Beans Peas
Salad	Cous Cous Salad, Tomato, Cucumber, Lettuce, Carrot	Potato Salad, Tomato, Cucumber, Lettuce, Sweetcorn	Pasta Salad, Tomato, Cucumber, Lettuce, Peppers	Beetroot Salad, Tomato, Cucumber, Lettuce, Carrot	Coleslaw, Tomato, Cucumber, Lettuce, Sweetcorn
Desserts	Apple & Berry Oaty Crumble* with Custard	Banana Cake * with Fruit Slices	Cheese and Biscuits with Grapes & Apple Slices	Orange Shortbread with Fruit Slices	Chocolate Slice * with Orange Wedges
	Yoghurt & Fresh Fruit Slices*	Yoghurt & Fresh Fruit Salad*	Yoghurt & Fresh Fruit Bowl*	Yoghurt & Fresh Fruit Salad*	Yoghurt & Fresh Fruit Slices*
<p align="center">Cool Milk or Water & Freshly Baked Bread available daily</p> <p align="center">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 align="center">*Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian (Ve) Vegan</p>					



Chartwells Lewisham are Sugar Smart – to find out more visit:
www.lewishamschoolmeals.co.uk







'NUDGE NUDGE' is Chartwell's healthy eating initiative which aims to help support parents and pupils to make the most nutritious meal choices using the Nutritionist's Choice logo.



Chartwells Lewisham menu is accredited by the Soil Association

Lewisham Primary Autumn/Winter 2021 Menu Week 2

06/09 27/09 18/10 15/11 06/12 10/01 31/01 28/02 21/03

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Veggie Bolognese with Pasta ** (Ve) 	Allegra's Chicken Katsu with 50/50 Rice **	Roast Turkey with Roast Potatoes and Gravy	Veggie Balls in Tomato Sauce with Spaghetti (V)	Golden Fish Fingers and Chips Beef Bolognese Jacket Potato
Alternative Dish	Mild Potato & Chickpea Curry with 50/50 Rice ** (Ve) 	Allegra's  Oodles of Noodles (V)	Creamy Vegetable Pie with Roast Potatoes & Gravy (V)	Vegetable Supreme Pizza with Dough Balls (V)	BBQ Veggie Burger and Chips (V)
School's Choice	Choice of Jacket Potato w/ Beans  , Tuna, Cheese or Coleslaw, Tomato Pasta ** (V) or Packed Lunch				
Vegetables	Peas Carrots	Broccoli Sweetcorn	Cabbage Carrots	Sweetcorn Green Beans	Baked Beans Peas
Salad	Cous Cous Salad, Tomato, Cucumber, Lettuce, Carrot	Potato Salad, Tomato, Cucumber, Lettuce, Sweetcorn	Pasta Salad, Tomato, Cucumber, Lettuce, Peppers	Beetroot Salad, Tomato, Cucumber, Lettuce, Carrot	Coleslaw, Tomato, Cucumber, Lettuce, Sweetcorn
Desserts	Pineapple Upside Down Cake * with Ice Cream	Peach Shortbread Pudding * with Custard	Cheese and Biscuits with Grapes & Apple Slices	Frozen Yoghurt and Fruit Bar	Apple & Carrot Yoghurt Muffin * with Fruit Slices
	Yoghurt & Fresh Fruit Slices *	Yoghurt & Fresh Fruit Salad *	Yoghurt & Fresh Fruit Bowl *	Hummus and Crudités	Yoghurt & Fresh Fruit Slices *

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Lewisham Primary Autumn/Winter 2021 Menu Week 3

13/09 04/10 01/11 22/11 13/12 17/01 07/02 07/03 28/03

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Quorn Nuggets <i>with Jacket Wedges (V) & Tomato Sauce</i>	Allegra's Chicken Filo Pie <i>with Mashed Potato & Gravy</i>	Roast Chicken <i>with Roast Potatoes & Gravy</i>	Cheese and Tomato Pizza <i>with Dough Balls (V)</i>	Golden Fish Fingers <i>and Chips</i>
Alternative Dish	Jerk Veggie Burrito ** (Ve)	BBQ Beans  <i>with Allegra's Cornbread (V)</i>	Sweet Potato and Chickpea Roast <i>with Roast Potatoes & Gravy (Ve)</i> 	Vegetable Korma <i>with 50/50 Rice ** (Ve)</i>	Baked Macaroni Cheese (V)
		Jacket Potato with Salmon Mayonnaise ***			
School's Choice	Choice of Jacket Potato w/ Beans  , Tuna, Cheese or Coleslaw, Tomato Pasta ** (V) or Packed Lunch				
Vegetables	Green Beans Sweetcorn	Broccoli Carrots	Peas Cabbage	Broccoli Sweetcorn	Peas Baked Beans
Salad	Cous Cous Salad, Tomato, Cucumber, Lettuce, Carrot	Potato Salad, Tomato, Cucumber, Lettuce, Sweetcorn	Pasta Salad, Tomato, Cucumber, Lettuce, Peppers	Beetroot Salad, Tomato, Cucumber, Lettuce, Carrot	Coleslaw, Tomato, Cucumber, Lettuce, Sweetcorn
Desserts	Chocolate Slice * <i>with Fruit Slices</i>	Banana and Oat Bite * <i>with Fruit Slices</i>	Cheese and Biscuits <i>with Grapes & Apple Slices</i>	Berry & Peach Oaty Crumble * <i>with Custard</i>	Chocolate Shortbread <i>with Fruit Slices</i>
	Yoghurt & Fresh Fruit Slices *	Yoghurt & Fresh Fruit Salad *	Yoghurt & Fresh Fruit Bowl *	Yoghurt & Fresh Fruit Salad *	Yoghurt & Fresh Fruit Slices *

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