

LEWISHAM FOOD FOR LIFE 3 WEEK MENU AUTUMN/WINTER 2022

OUR NEW
MENU CHOSEN
BY PARENTS
AND CHILDREN



YOUR
FAVOURITES
AVAILABLE
EVERY DAY



WEEK 1 MENU

W/C: 31/10 21/11 12/12 02/01
23/01 20/02 13/03 17/04



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

Main Dish 1	Macaroni Cheese Served with Peas and Carrots V	Chicken Pie Served with Mashed Potato and Gravy	Roast Turkey Served with Roast Potatoes and Gravy	Vegetarian Bolognese Served with Wholemeal Pasta, Broccoli and Sweetcorn V VE 🌿 🍷	Breaded Fish Fingers Served with Chips, Peas and Beans
Main Dish 2	Vegetarian Sausage Served with Mashed Potato and Gravy V VE 🍷	Cheese and Tomato Pizza with Potato Wedges V	Sweet Potato & Chickpea Roast Served with Roast Potatoes and Gravy V VE 🍷	Chinese Vegetable Rice Served with Fresh Broccoli & Sweetcorn V VE	Vegetable Burger Served with Chips, Peas and Beans V
Schools Choice	Freshly Made Tomato Pasta or Topped Jacket Potato with Tuna Mayo, Cheese, Coleslaw, Beans or Filled Sandwich/Baguette V VE 🌿 🍷 V VE 🍷 V VE				
Vegetables	Carrots and Peas	Sweetcorn and Green Beans	Carrots and Cabbage	Fresh Broccoli and Sweetcorn	Peas and Beans
Salads	Coleslaw, Carrot, Tomato, Cucumber, Lettuce	Noodle Salad, Sweetcorn, Tomato, Cucumber, Lettuce	Cous Cous Salad, Peppers, Tomato, Cucumber, Lettuce	Potato Salad, Carrot, Tomato, Cucumber, Lettuce	Pasta Salad, Sweetcorn, Tomato, Cucumber, Lettuce
Dessert	Organic Yoghurt & Fresh Fruit Slices Berry Flapjack with Fresh Fruit Slices VE 🍏 🍷	Organic Yoghurt & Fresh Fruit Salad Hot Chocolate Sponge with Chocolate Custard	Organic Yoghurt & Fresh Fruit Bowl Cheese and Biscuits with Fresh Apple Slices	Organic Yoghurt & Fresh Fruit Salad Apple Crumble VE 🍏 🍷 with Custard	Organic Yoghurt & Fresh Fruit Slices Chocolate Milkshake with Shortbread



Water, Organic Milk & Freshly Baked Bread available daily

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

V Vegetarian 🐟 Oily fish 🌿 Wholegrain 🍏 Fruity! 🍷 Nutritionist's choice
VE Vegan



WEEK 2 MENU

W/C: 07/11 28/11 09/01
30/01 27/02 20/03 24/04



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

Main Dish 1	Raheem's Caribbean Quorn Coconut Curry Served with Steamed Rice 🌱🍷	Chicken Noodle Stir Fry Served with Peas and Broccoli	Roast Chicken Served with Roast Potatoes and Gravy	Cauliflower and Sweet Potato Masala Served with Wholemeal Rice, Sweetcorn and Green Beans VE 🌱🍷🍷	Breaded Fish Fingers Served with Chips, Peas and Beans
Main Dish 2	Mixed Bean Pasta VE 🌱🍷🍷 with Tomato Pizza Bread	Sweet Chilli Vegetable Noodles Served with Peas and Broccoli 🌱🍷	Vegetable Pie Served with Mashed Potato and Gravy 🌱	Vegetable Lasagne Served with Sweetcorn and Green Beans 🌱	Quorn Dippers Served with Chips, Peas and Beans 🌱 Beef Bolognese Served with Wholemeal Pasta 🍷🍷
Schools Choice	Freshly Made Tomato Pasta or Topped Jacket Potato with Tuna Mayo, Cheese, Coleslaw, Beans or Filled Sandwich/Baguette 🌱 VE 🍷🍷 🌱 VE 🍷🍷 🌱 VE				
Vegetables	Sweetcorn & Carrots	Peas and Broccoli	Carrots and Cabbage	Green Beans & Sweetcorn	Peas and Beans
Salads	Coleslaw, Carrot, Tomato, Cucumber, Lettuce	Noodle Salad, Sweetcorn, Tomato, Cucumber, Lettuce	Cous Cous Salad, Peppers, Tomato, Cucumber, Lettuce	Potato Salad, Carrot, Tomato, Cucumber, Lettuce	Pasta Salad, Sweetcorn, Tomato, Cucumber, Lettuce
Dessert	Organic Yoghurt & Fresh Fruit Slices Orange Drizzle Cake with Custard	Organic Yoghurt & Fresh Fruit Slices Banana and Apricot Flapjack with Fruit Slices VE 🍷🍷	Organic Yoghurt & Fresh Fruit Bowl Mango Frozen Yoghurt with Fresh Fruit Slices	Organic Yoghurt & Fresh Fruit Salad Apple and Berry Crumble VE 🍷🍷 with Custard	Organic Yoghurt & Fresh Fruit Slices Strawberry Milkshake with Orange Shortbread

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🌱 Vegetarian 🐟 Oily fish 🍷 Wholegrain 🍷 Fruity! 🍷 Nutritionist's choice
VE Vegan



WEEK 3 MENU

W/C: 14/11 05/12 16/01
06/02 06/03 27/03 01/05



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Main Dish 1

Pesto Pasta Bake
Served with Peas and Carrots
V

Sweet and Sour Chicken
Served with Wholemeal Rice
WF

Roast Beef
Served with Roast Potatoes and Gravy

Vegetable Korma
Served with Rice, Sweetcorn and Green Beans
V VE HF

Breaded Fish Fingers
Served with Chips, Peas and Beans

Main Dish 2

Vegetable Chilli
Served with Wholemeal Rice
V VE WF HF

Vegetable Chow Mein
Served with Broccoli and Sweetcorn
V HF

Vegetable Pastry Roll
Served with Roast Potatoes and Gravy
V VE

Vegetarian Cottage Pie
Served with Sweetcorn, Green Beans and Gravy
V VE HF

Vegan Meatballs in Tomato Sauce served with Chips, Peas and Beans
V VE HF
Trinidad Chicken & Coconut Rice
WF HF

Schools Choice

Freshly Made Tomato Pasta or Topped Jacket Potato with Tuna Mayo, Cheese, Coleslaw, Beans or **Filled Sandwich/Baguette**
V VE WF HF V VE HF V VE

Vegetables

Carrots and Peas

Broccoli & Sweetcorn

Carrots and Cabbage

Green Beans and Sweetcorn

Peas and Beans

Salads

Coleslaw, Carrot, Tomato, Cucumber, Lettuce

Noodle Salad, Sweetcorn, Tomato, Cucumber, Lettuce

Cous Cous Salad, Peppers, Tomato, Cucumber, Lettuce

Potato Salad, Carrot, Tomato, Cucumber, Lettuce

Pasta Salad, 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

Lemon Drizzle Cake and Custard

Fruit Flapjack with Fresh Fruit Slices VE AF

Strawberry Ice Cream with Fresh Fruit Slices

Orange, Sultana and Carrot Slice with Fresh Fruit Salad VE AF

Vanilla Milkshake served with Chocolate Biscuit

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V Vegetarian AF Oily fish WF Wholegrain AF Fruity! HF Nutritionist's choice
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