

Lewisham Primary Menu 2020 – 21

Menu Week 2

09/11/2011 11:01:01:02 01/03/22/09

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	The Incredible Burger with Cajun Potato Wedges	Chicken Tikka Masala with Rice **	Roast Beef with Roast Potatoes & Gravy	Beef Lasagne with a Garlic & Herb Bread Wedge **	Golden MSC Pollack Fish Fingers and Chips
Alternative Dish	Vege Balls In Tomato Sauce with Pasta **	Quorn Bolognese with Pasta **	Vegetable Pastry Slice with Roast Potatoes Gravy	Vegetable Supreme Pizza ** with Cajun Potato Wedges	Quorn Dippers and Chips
Vegetables	Peas Sweetcorn	Green Beans Carrots	Parsnips 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 with Fruit Slices	Apple Cake* with Fruit Slices	Fruit and Yoghurt Bar	Berry and Peach 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 & Milk, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

*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

MSC-C-50704