

# Lewisham Primary Menu 2020 - 21

## Menu Week 3

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

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	Mild Chickpea and Potato Curry with Rice **	Chicken Burger with Cajun Potato Wedges	Roast Turkey with Roast Potatoes & Gravy	Beef Bolognese with Pasta **	Golden MSC Pollock Fish Fingers and Chips
<b>Alternative Dish</b>	Vegetarian Sausages Mashed Potatoes with Gravy	Baked Macaroni Cheese	Country Vegetable Pie Roast Potatoes with Gravy	Vegetable Supreme Pizza ** with Cajun Potato Wedges	Quorn Dippers and Chips
<b>Vegetables</b>	Sweetcorn Broccoli	Peas Carrots	Carrots Cabbage	Sweetcorn Broccoli	Baked Beans Peas
<b>Salad Bar</b>	'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
<b>Desserts</b>	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



Chartwells Lewisham are Sugar Smart find out more. Visit our website: [www.lewishamschoolmeals.co.uk](http://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

