








Garston Church of England Primary School Lunch Menu - Week 1



Monday	Tuesday	Wednesday	Thursday	Friday
<p>PASTA BAR Pasta served with your chosen topping choose from tomato or cheese sauce, topped with ham, veggie meatballs, cheese or pepperoni.</p> 	 <p>BURGER DAY Beef or Quorn burger on a bun, served with homemade potato wedges and beans or sweetcorn and salad.</p>	<p>ROAST DINNER Choose from either home roasted breast of turkey and stuffing or a Quorn fillet. Served with roast potatoes, carrots, broccoli, and gravy</p> 	 <p>BBQ CHICKEN Choose from either marinated BBQ chicken or Quorn pieces in a homemade BBQ tomato sauce served with rice and mixed vegetables.</p>	<p>FISHY FRIDAY Choose from either Battered Cod fillet, fish fingers, or Quorn nuggets baked in the oven and served with chips and peas or baked beans.</p> 

Jacket Potatoes are also available daily as a hot alternative

Deli Bar – Available Everyday

Design your own sandwich, first choose– a wrap or batch then choose your filling a selection of the following will be available daily – ham, cheese, tuna, turkey, egg and finally. finish with a choice of salad – carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, and peppers.

Dessert

Fresh Fruit, Yogurts and Cheese and Crackers are available daily along with the dessert of the day






Drink

Water will be available daily



Garston Church of England Primary School Lunch Menu - Week 2



Monday	Tuesday	Wednesday	Thursday	Friday
<p>KATSU CURRY Breaded chicken or quorn goujons baked and served on rice with a homemade Katsu curry sauce with green beans.</p> 	 <p>ALL DAY BREAKFAST Choose from bacon or a pork/Quorn sausage, served with eggs, baked beans, hash brown, mushrooms and wholemeal bread.</p>	<p>ROAST DINNER Choose from either home roasted turkey breast and stuffing or a Quorn fillet. Served with roast potatoes, carrots, broccoli and gravy</p> 	 <p>LASAGNE Choose from fresh minced beef or Quorn mince cooked with vegetables, tomato and herbs layered between pasta sheets topped with a bechamel sauce and baked. Served with garlic bread and sweetcorn.</p>	<p>FISHY FRIDAY Choose from either Battered Cod fillet, fish fingers, or Quorn nuggets baked in the oven and served with chips and peas or baked beans.</p> 

Jacket Potatoes are also available daily as a hot alternative

Deli Bar – Available Everyday

Design your own sandwich, first choose– a wrap or batch then choose your filling a selection of the following will be available daily – ham, cheese, tuna, turkey, egg and finally. finish with a choice of salad – carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, and peppers.

Dessert

Fresh Fruit, Yogurts and Cheese and Crackers are available daily along with the dessert of the day






Drink

Water will be available daily



Garston Church of England Primary School Lunch Menu - Week 3



Monday	Tuesday	Wednesday	Thursday	Friday
<p>HOMEMADE PIZZA</p> <p>Choose from cheese & tomato or pepperoni served with corn on the cob and homemade potato wedges.</p> 	 <p>CHICKEN CURRY</p> <p>Fresh chicken breast or Quorn cooked in a rich tomato based South Asian style sauce served on a bed of basmati rice with Naan and peas.</p>	<p>ROAST DINNER</p> <p>Choose from either home roasted breast of turkey and stuffing or a Quorn fillet. Served with roast potatoes, carrots, broccoli, and gravy</p> 	 <p>MEATBALL SUB</p> <p>Choose from either pork meatballs or veggie meatballs served in a tomato & basil sauce on a sub roll & salad.</p>	<p>FISHY FRIDAY</p> <p>Choose from either Battered Cod fillet, fish fingers, or Quorn nuggets baked in the oven and served with chips and peas or baked beans.</p> 

Jacket Potatoes are also available daily as a hot alternative

Deli Bar – Available Everyday

Design your own sandwich, first choose– a wrap or batch then choose your filling a selection of the following will be available daily – ham, cheese, tuna, turkey, egg and finally. finish with a choice of salad – carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, and peppers.

Dessert

Fresh Fruit, Yogurts and Cheese and Crackers are available daily along with the dessert of the day

Drink

Water will be available daily