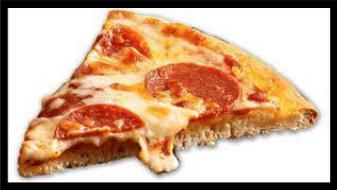




# Garston Church of England Primary School Lunch Menu - Week 1



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>HOMEMADE PIZZA</b></p> <p>Choose from cheese &amp; tomato or pepperoni served with corn on the cob and homemade potato wedges.</p> 	 <p><b>CHICKEN CURRY</b></p> <p>Fresh chicken breast or Quorn cooked in a rich tomato based South Asian style sauce served on a bed of rice with naan and mixed veg.</p>	<p><b>ROAST DINNER</b></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><b>BOLOGNESE</b></p> <p>Beef or Quorn mince in a tasty Bolognese sauce and penne pasta served with and Garlic bread and sweetcorn.</p>	<p><b>FISHY FRIDAY</b></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



# Garston Church of England Primary School Lunch Menu - Week 2



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>MAC N' CHEESE</b> Macaroni pasta in a rich cheesy sauce topped with either ham, or Quorn meatballs. Served with garlic bread and peas</p> 	 <p><b>CHILLI AND NACHOS</b> A rich yet mildly spicy beef or Quorn chilli con carne and tortilla chips served with rice and sweetcorn.</p>	<p><b>SAUSAGE ROLL</b> Handmade pork sausage roll, or veggie sausage roll served with crispy diced potatoes, broccoli and carrots with beans or gravy.</p> 	 <p><b>BBQ CHICKEN</b> Choose from either marinated BBQ chicken or Quorn pieces in a homemade BBQ tomato sauce served with rice and mixed vegetables.</p>	<p><b>FISHY FRIDAY</b> 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