



# Garston Church of England Primary School

## Lunch Menu - Week 1



| Monday                                                                                                                                                                                                          | Tuesday                                                                                                                                                                                                              | Wednesday                                                                                                                                                                                                                                                | Thursday                                                                                                                                                                                                       | Friday                                                                                                                                                                                                                                                |
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| <b>PASTA BAR</b><br>Wholemeal pasta served with either tomato or cheese sauce, topped with ham, Quorn balls, or pepperoni.<br> | <br><b>CHICKEN NOODLES &amp; CURRY SAUCE</b><br>Stir fried chicken or Quorn with veg and noodles served with a Chinese curry sauce. | <b>ROAST DINNER</b><br>Choose from either home roasted breast of turkey and stuffing or a Quorn sausage. Served with roast potatoes, carrots, broccoli, and gravy.<br> | <br><b>CHILLI NACHOS</b><br>Beef or Quorn mince in a mildly spiced tomato chilli sauce served with Tortilla chips and rice. | <b>FISHY FRIDAY</b><br>Choose from either Battered Cod fillet, fish fingers, or Quorn nuggets baked in the oven and served with chips and peas or baked beans.<br> |

**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                                                                                                                                                                                                                                                |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>HOMEMADE PIZZA</b><br>Choose from cheese & tomato or pepperoni served with corn on the cob and homemade potato wedges.<br> | <br><b>CHICKEN CURRY</b><br>Diced marinated Chicken or Quorn in a mild but tasty tomato based curry sauce. Served with boiled rice and naan. | <b>ROAST DINNER</b><br>Choose from either home roasted breast of turkey and stuffing or a Quorn sausages. Served with roast potatoes, carrots, broccoli, and gravy.<br> | <br><b>PENNE BOLOGNESE</b><br>Beef or Quorn mince in a bolognese sauce, served with penne pasta and garlic bread | <b>FISHY FRIDAY</b><br>Choose from either Battered Cod fillet, fish fingers, or Quorn nuggets baked in the oven and served with chips and peas or baked beans.<br> |

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