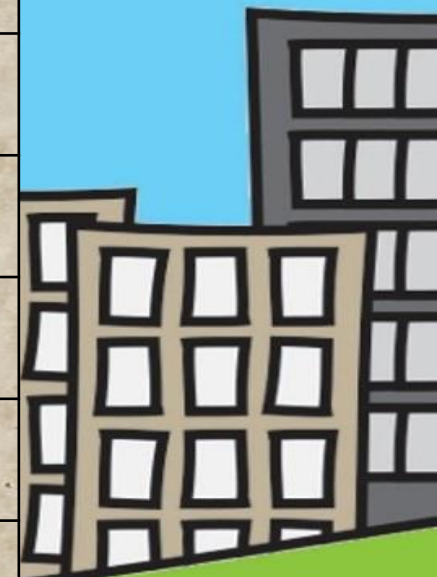


Lewisham 2020 Menu

Week 1

31/08 21/09 12/10

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	5 Spice Veggie Noodles	BBQ Beef Meatballs with Pasta**	Roast Chicken with Roast Potatoes & Gravy	Chinese Chicken Noodles	MSC Salmon Fish Fingers*** & Chips
Option 2	Tomato and Basil Pasta**	Cheese and Tomato Pizza with Potato Wedges	Vegetable Pastry Slice with Roast Potatoes & Gravy	Quorn Bolognese** with Pasta	Quorn Dippers with Chips
Option 3	Jacket Potato with Beans or Cheese	Jacket Potato with Beans or Cheese	Jacket Potato with Beans or Cheese	Jacket Potato with Beans or Cheese	Jacket Potato with Beans or Cheese
Vegetables	Peas Carrots	Green Beans Cauliflower	Carrots Cabbage	Sweetcorn Roast Vegetables	Baked Beans Peas
Desserts	Chocolate Cake	Shortbread Biscuit	Fruit Yoghurt	Pineapple Cake	Vanilla Ice Cream Tub
	Banana or Easy Peel Orange	Banana or Easy Peel Orange	Banana or Easy Peel Orange	Banana or Easy Peel Orange	Banana or Easy Peel Orange
	Bottle Water or Milk Carton	Bottle Water or Milk Carton	Bottle Water or Milk Carton	Bottle Water or Milk Carton	Bottle Water or Milk Carton

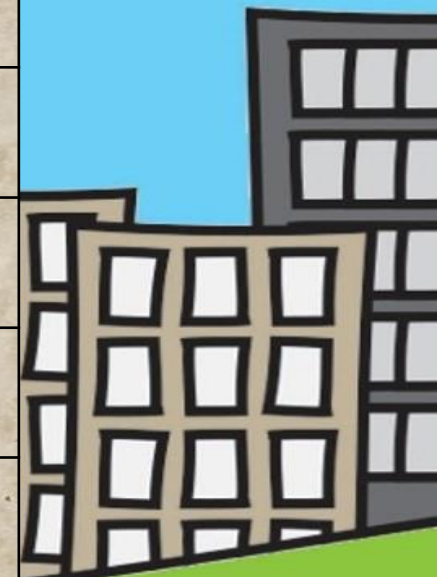


Lewisham 2020 Menu

Week 2

07/09 28/09 19/10

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Quorn Spaghetti Bake	Jerk Chicken with Rice & Peas	Roast Turkey with Roast Potatoes & Gravy	Beef Lasagne with Garlic & Herb Bread Wedge**	MSC Cod Fish Fingers & Chips
Option 2	Veggie Korma with Rice**	Sweet Potato Burger with Potato Wedges	Quorn Roast with Roast Potatoes & Gravy	Mild Chilli Cheese Burrito Wrap	Veggie Pizza Hot Dog with Chips
Option 3	Jacket Potato with Beans or Cheese	Jacket Potato with Beans or Cheese	Jacket Potato with Beans or Cheese	Jacket Potato with Beans or Cheese	Jacket Potato with Beans or Cheese
Vegetables	Sweetcorn Broccoli	Cauliflower Peas	Carrots Roast Parsnips	Green Beans Sweetcorn	Baked Beans Peas
Desserts	Chocolate & Raspberry Swirl Cake	Fruit Yogurt	Vanilla Ice Cream Tub	Oat Flapjack	Banana and Cinnamon Cake*
	Banana or Easy Peel Orange	Banana or Easy Peel Orange	Banana or Easy Peel Orange	Banana or Easy Peel Orange	Banana or Easy Peel Orange
	Bottle Water or Milk Carton	Bottle Water or Milk Carton	Bottle Water or Milk Carton	Bottle Water or Milk Carton	Bottle Water or Milk Carton



Lewisham 2020 Menu

Week 3

14/09 05/10

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	BBQ Quorn Burger with Potato Wedges	Lemon & Ginger Chinese Chicken with Rice	'School's Choice' Roast with Roast Potatoes & Gravy	Beef Bolognese Pasta**	Crispy MSC Pollock Fillet & Chips
Option 2	Mild Sweet Potato Curry with Rice	Vegetable Lasagne with a Garlic & Herb Bread Wedge**	Vegetarian Sausages with Roast Potatoes & Gravy	Matar Paneer Curry with Rice	Macaroni Cheese Pasta
Option 3	Jacket Potato with Beans or Cheese	Jacket Potato with Beans or Cheese	Jacket Potato with Beans or Cheese	Jacket Potato with Beans or Cheese	Jacket Potato with Beans or Cheese
Vegetables	Carrots Sweetcorn	Green Beans Roast Vegetables	Cabbage Carrots	Broccoli Sweetcorn	Peas Baked Beans
Desserts	Chocolate Slice	Shortbread Biscuit	Fruit Yoghurt	Oat Flapjack	Vanilla Ice Cream Tub
	Banana or Easy Peel Orange	Banana or Easy Peel Orange	Banana or Easy Peel Orange	Banana or Easy Peel Orange	Banana or Easy Peel Orange
	Bottle Water or Milk Carton	Bottle Water or Milk Carton	Bottle Water or Milk Carton	Bottle Water or Milk Carton	Bottle Water or Milk Carton

