

LEWISHAM MENU WEEK 1

Spring/Summer 2019

Week Starting: 22/04 13/05 10/06 01/07 22/07 02/09 23/09 14/10



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish 1	Vegetable Bolognese Pasta** with Broccoli & Cauliflower	BBQ Beef Meatballs with Rice, Green Beans & Sweetcorn	Roast Chicken with Roast Potatoes, Gravy, Carrots & Cabbage	Jerk Chicken with Rice, Broccoli & Mixed Vegetables	MSC Salmon Fish Fingers *** with Chips, Peas & Baked Beans
Main Dish 2	Chinese Style Veggie Rice** with Broccoli & Cauliflower	Tomato & Mozzarella Pizza with Jacket Wedges, Green Beans & Sweetcorn	Quorn Roast with Roast Potatoes, Gravy, Carrots & Cabbage	Vegetable Lasagne with Garlic & Herb Bread Wedge **, Broccoli & Mixed Vegetables	Veggie Hotdog with Chips, Peas & Baked Beans
Deli Choice	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>
Salad Bar	<i>Coleslaw, Carrot Sticks, Cucumber, Tomato, Lettuce</i>	<i>Potato Salad, Pepper Sticks, Cucumber, Tomato, Lettuce</i>	<i>Pasta Salad, Sweetcorn, Cucumber, Tomato, Lettuce</i>	<i>Bean Salad, Grated Carrot, Cucumber, Tomato, Lettuce</i>	<i>Apple Slaw, Beetroot, Cucumber, Tomato, Lettuce</i>
Desserts	Apple Oaty Flapjack with Fresh Fruit Slices * Yoghurt & Fresh Fruit Slices*	Strawberry Swirl Sponge With Custard Yoghurt & Fresh Fruit Salad*	Mango Frozen Yoghurt with Fresh Fruit Slices* Yoghurt & Fresh Fruit Slices*	Brownie Cake with Cream Yoghurt & Fresh Fruit Salad*	Peach & Berry Chill with Fresh Fruit Slices* Yoghurt & Fresh Fruit Slices*

Offered Daily: Fresh Bread, 5 Choice Salad Bar, Fresh Fruit, Yoghurt, Milk & Water

****Deli/Schools Choice: Filled Jacket Potato, Extra Pasta Dish, Sandwich/Baguette (Subject to availability)

Please speak to the Catering Manager for special dietary requirements and allergen information

Vegetables & Fruit are subject to seasonal variation. Menu is subject to individual school changes.

*50%Fruit Based **Wholegrain ***Oily Fish



Chartwells Lewisham are Sugar Smart find out more, visit our website: 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



LEWISHAM MENU WEEK 2

Spring/Summer 2019

Week Starting: 29/04 20/05 17/06 08/07 09/09 30/09



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish 1	Quorn Meatball Sub with Jacket Wedges, Sweetcorn & Peas	Beef Bolognese Pasta with Green Beans & Cauliflower	Roast Turkey or Beef with Roast Potatoes, Gravy, Cabbage & Carrots	Chicken & Tomato Spicy Rice** with, Broccoli & Mixed Vegetables	Battered MSC Pollock Fish Fillet with Chips, Peas & Baked Beans
Main Dish 2	Tomato and Basil Pasta** With Sweetcorn & Peas	Vegetarian Sausages with Mashed Potato, Green Beans & Cauliflower	Shepherdess Pie with Cabbage & Carrots	Veggie Noodles with Broccoli & Mixed Vegetables	Macaroni Cheese with Peas & Baked Beans
Deli Choice	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>
Salad Bar	<i>Coleslaw, Carrot Sticks, Cucumber, Tomato, Lettuce</i>	<i>Potato Salad, Pepper Sticks, Cucumber, Tomato, Lettuce</i>	<i>Pasta Salad, Sweetcorn, Cucumber, Tomato, Lettuce</i>	<i>Bean Salad, Grated Carrot, Cucumber, Tomato, Lettuce</i>	<i>Apple Slaw, Beetroot, Cucumber, Tomato, Lettuce</i>
Desserts	Chocolate Cake with Custard Yoghurt & Fresh Fruit Bowl*	Apple & Carrot Traybake with Fresh Fruit Slices* Yoghurt & Fresh Fruit Slices*	Vanilla Ice Cream with Fresh Fruit Slices* Yoghurt & Fresh Fruit Slices*	Pear Upside Down Cake with Custard Yoghurt & Fresh Fruit Salad*	Oaty Biscuit with Fresh Fruit Slices* Yoghurt & Fresh Fruit Slices*

Offered Daily: Fresh Bread, 5 Choice Salad Bar, Fresh Fruit, Yoghurt, Milk & Water

****Deli/Schools Choice: Filled Jacket Potato, Extra Pasta Dish, Sandwich/Baguette (Subject to availability)

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LEWISHAM MENU WEEK 3

Spring/Summer 2019

Week Starting: 06/05 03/06 24/06 15/07 16/09 07/10



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish 1	BBQ Quorn Burger <i>with Jacket Wedges, Broccoli & Carrots</i>	Beef Lasagne <i>with Garlic & Herb Bread Wedge **, Peas & Roast Vegetables</i>	Roast Chicken <i>with Roast Potatoes, Gravy, Carrots & Cabbage</i>	Chicken & Vegetable Noodles <i>with Sweetcorn & Mixed Vegetables</i>	Golden MSC Cod Fish Fingers <i>with Chips, Baked Beans & Peas</i>
Main Dish 2	Mild Chickpea & Potato Curry <i>with Rice**, Broccoli & Carrots</i>	Vegetable Supreme Pizza <i>with Jacket Wedges, Peas & Roast Vegetables</i>	Sweet Potato and Chickpea Roast <i>with Roast Potatoes, Gravy, Carrots & Cabbage</i>	Vegetarian Paella** <i>with Sweetcorn & Mixed Vegetables</i>	Crispy Quorn Nuggets <i>with Chips, Baked Beans & Peas</i>
Deli Choice	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>
Salad Bar	<i>Coleslaw, Carrot Sticks, Cucumber, Tomato, Lettuce</i>	<i>Potato Salad, Pepper Sticks, Cucumber, Tomato, Lettuce</i>	<i>Pasta Salad, Sweetcorn, Cucumber, Tomato, Lettuce</i>	<i>Bean Salad, Grated Carrot, Cucumber, Tomato, Lettuce</i>	<i>Apple Slaw, Beetroot, Cucumber, Tomato, Lettuce</i>
Desserts	Peach Slice <i>with Fresh Fruit Slices*</i> Yoghurt & Fresh Fruit Bowl*	Lemon Drizzle Cake <i>with Fresh Fruit Slices*</i> Yoghurt & Fresh Fruit Salad*	Strawberry Frozen Yoghurt <i>with Fresh Fruit Slices*</i> Yoghurt & Fresh Fruit Slices*	Apple and Berry Crumble <i>with Custard</i> Yoghurt & Fresh Fruit Salad*	Chocolate Shortbread <i>with Fresh Fruit Slices*</i> Yoghurt & Fresh Fruit Slices*

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