

LEWISHAM FOOD FOR LIFE 3 WEEK MENU AUTUMN/WINTER 2022

OUR NEW
MENU CHOSEN
BY PARENTS
AND CHILDREN



YOUR
FAVOURITES
AVAILABLE
EVERY DAY



WEEK 1 MENU

W/C: 31/10 21/11 12/12 02/01
23/01 20/02 13/03 17/04



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Main Dish 1

Macaroni Cheese
Served with Peas and Carrots



Chicken Pie
Served with Mashed Potato and Gravy

Roast Turkey
Served with Roast Potatoes and Gravy

Vegetarian Bolognese
Served with Wholemeal Pasta, Broccoli and Sweetcorn



Breaded Fish Fingers
Served with Chips, Peas and Beans

Main Dish 2

Vegetarian Sausage
Served with Mashed Potato and Gravy



Cheese and Tomato Pizza
with Potato Wedges



Sweet Potato & Chickpea Roast
Served with Roast Potatoes and Gravy



Chinese Vegetable Rice
Served with Fresh Broccoli & Sweetcorn



Vegetable Burger
Served with Chips, Peas and Beans



Jacket Potato with Salmon
Mayonnaise



Jerk Chicken
with Rice and Peas

Schools Choice

Freshly Made Tomato Pasta or Topped Jacket Potato with Tuna Mayo, Cheese, Coleslaw, Beans or **Filled Sandwich/Baguette**



Vegetables

Carrots and Peas

Sweetcorn and Green Beans

Carrots and Cabbage

Fresh Broccoli and Sweetcorn

Peas and Beans

Salads

Coleslaw, Carrot, Tomato, Cucumber, Lettuce

Noodle Salad, Sweetcorn, Tomato, Cucumber, Lettuce

Cous Cous Salad, Peppers, Tomato, Cucumber, Lettuce

Potato Salad, Carrot, Tomato, Cucumber, Lettuce

Pasta Salad, Sweetcorn, Tomato, Cucumber, Lettuce

Dessert

Organic Yoghurt & Fresh Fruit Slices

Organic Yoghurt & Fresh Fruit Salad

Organic Yoghurt & Fresh Fruit Bowl

Organic Yoghurt & Fresh Fruit Salad

Organic Yoghurt & Fresh Fruit Slices

Berry Flapjack with Fresh Fruit Slices



Hot Chocolate Sponge with Chocolate Custard

Cheese and Biscuits with Fresh Apple Slices

Apple Crumble with Custard



Chocolate Milkshake with Shortbread

Water, Organic Milk & Freshly Baked Bread available daily

We offer medical diet and allergen support, please speak to your school office in the first instance. Vegetables & Fruit are subject to seasonal variation. Menu is subject to individual school changes.



Vegetarian



Oily fish



Wholegrain



Fruity!



Nutritionist's choice

VE Vegan



AUTUMN/WINTER 2022

WEEK 2 MENU

W/C: 07/11 28/11 09/01
30/01 27/02 20/03 24/04



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Main Dish 1

Raheem's Caribbean Quorn Coconut Curry
Served with Steamed Rice
V V

Chicken Noodle Stir Fry
Served with Peas and Broccoli

Roast Chicken
Served with Roast Potatoes and Gravy

Cauliflower and Sweet Potato Masala
Served with Wholemeal Rice, Sweetcorn and Green Beans
VE V V

Breaded Fish Fingers
Served with Chips, Peas and Beans

Main Dish 2

Mixed Bean Pasta
VE V V with Tomato Pizza Bread

Sweet Chilli Vegetable Noodles
Served with Peas and Broccoli
V V

Vegetable Pie
Served with Mashed Potato and Gravy
V

Vegetable Lasagne
Served with Sweetcorn and Green Beans
V

Quorn Dippers
Served with Chips, Peas and Beans
V
Beef Bolognese
Served with Wholemeal Pasta
V

Schools Choice

Freshly Made Tomato Pasta or Topped Jacket Potato with Tuna Mayo, Cheese, Coleslaw, Beans or **Filled Sandwich/Baguette**
V VE V VE V VE

Vegetables

Sweetcorn & Carrots

Peas and Broccoli

Carrots and Cabbage

Green Beans & Sweetcorn

Peas and Beans

Salads

Coleslaw, Carrot, Tomato, Cucumber, Lettuce

Noodle Salad, Sweetcorn, Tomato, Cucumber, Lettuce

Cous Cous Salad, Peppers, Tomato, Cucumber, Lettuce

Potato Salad, Carrot, Tomato, Cucumber, Lettuce

Pasta Salad, Sweetcorn, Tomato, Cucumber, Lettuce

Dessert

Organic Yoghurt & Fresh Fruit Slices

Organic Yoghurt & Fresh Fruit Slices

Organic Yoghurt & Fresh Fruit Bowl

Organic Yoghurt & Fresh Fruit Salad

Organic Yoghurt & Fresh Fruit Slices

Orange Drizzle Cake with Custard

Banana and Apricot Flapjack with Fruit Slices VE V

Mango Frozen Yoghurt with Fresh Fruit Slices

Apple and Berry Crumble VE V with Custard

Strawberry Milkshake with Orange Shortbread

Water, Organic Milk & Freshly Baked Bread available daily

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V Vegetarian Oily fish Wholegrain Fruity! Nutritionist's choice
VE Vegan



AUTUMN/WINTER 2022

WEEK 3 MENU

W/C: 14/11 05/12 16/01
06/02 06/03 27/03 01/05



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Main Dish 1

Pesto Pasta Bake
Served with Peas and Carrots
V

Sweet and Sour Chicken
Served with Wholemeal Rice
🌾

Roast Beef
Served with Roast Potatoes and Gravy

Vegetable Korma
Served with Rice, Sweetcorn and Green Beans
V VE 🍷

Breaded Fish Fingers
Served with Chips, Peas and Beans

Main Dish 2

Vegetable Chilli
Served with Wholemeal Rice
V VE 🌾 🍷

Vegetable Chow Mein
Served with Broccoli and Sweetcorn
V 🍷

Vegetable Pastry Roll
Served with Roast Potatoes and Gravy
V VE

Vegetarian Cottage Pie
Served with Sweetcorn, Green Beans and Gravy
V VE 🍷

Vegan Meatballs in Tomato Sauce served with Chips, Peas and Beans
V VE 🍷
Trinidad Chicken & Coconut Rice
🌾 🍷

Schools Choice

Freshly Made Tomato Pasta or Topped Jacket Potato with Tuna Mayo, Cheese, Coleslaw, Beans or **Filled Sandwich/Baguette**
V VE 🌾 🍷 V VE 🍷 V VE

Vegetables

Carrots and Peas

Broccoli & Sweetcorn

Carrots and Cabbage

Green Beans and Sweetcorn

Peas and Beans

Salads

Coleslaw, Carrot, Tomato, Cucumber, Lettuce

Noodle Salad, Sweetcorn, Tomato, Cucumber, Lettuce

Cous Cous Salad, Peppers, Tomato, Cucumber, Lettuce

Potato Salad, Carrot, Tomato, Cucumber, Lettuce

Pasta Salad, Sweetcorn, Tomato, Cucumber, Lettuce

Dessert

Organic Yoghurt & Fresh Fruit Slices

Organic Yoghurt & Fresh Fruit Slices

Organic Yoghurt & Fresh Fruit Bowl

Organic Yoghurt & Fresh Fruit Salad

Organic Yoghurt & Fresh Fruit Slices

Lemon Drizzle Cake and Custard

Fruit Flapjack with Fresh Fruit Slices VE 🍏

Strawberry Ice Cream with Fresh Fruit Slices

Orange, Sultana and Carrot Slice with Fresh Fruit Salad VE 🍏

Vanilla Milkshake served with Chocolate Biscuit

Water, Organic Milk & Freshly Baked Bread available daily

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V Vegetarian 🐟 Oily fish 🌾 Wholegrain 🍏 Fruity! 🍷 Nutritionist's choice
VE Vegan



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