LEWISHAM FOOD FOR LIFE 3 WEEK MENU AUTUMN/WINTER 2022

OUR NEW
MENU CHOSEN
BY PARENTS
AND CHILDREN

YOUR
FAVOURITES
AVAILABLE
EVERY DAY



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

Cheese and Tomato Pizza

with Potato Wedges

V

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

Served with Mashed Potato and Gravy V VE

Vegetarian Sausage



♥ VE ₩ ₩

Jacket Potato with Salmon Mayonnaise 🚵

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



Jerk Chicken with Rice and Peas

Schools Choice

Vegetables

Salads

Dessert

Carrots and Peas

Coleslaw, Carrot, Tomato, Cucumber, Lettuce

> **Organic Yoghurt** & Fresh Fruit Slices

Berry Flapjack with Fresh Fruit Slices VE 📺 🚧 **Sweetcorn and Green Beans**

Noodle Salad, Sweetcorn, Tomato, Cucumber, Lettuce

> **Organic Yoghurt** & Fresh Fruit Salad

Hot Chocolate Sponge with **Chocolate Custard**

VE 😽

Cous Cous Salad, Peppers, Tomato, Cucumber, Lettuce

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

Carrots and Cabbage

Organic Yoghurt & Fresh Fruit Bowl

Cheese and Biscuits with Fresh Apple Slices Fresh Broccoli and Sweetcorn

Potato Salad, Carrot, Tomato, **Cucumber, Lettuce**

> **Organic Yoghurt** & Fresh Fruit Salad

Apple Crumble VE with Custard **Peas and Beans**

Pasta Salad, Sweetcorn, Tomato, Cucumber, Lettuce

> **Organic Yoghurt** & Fresh Fruit Slices

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.

VE Vegan

V VE

Vegetarian 🔅 Oily fish 😻 Wholegrain 🍎 Fruity! 💖 Nutritionist's choice





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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

Mixed Bean Pasta

VE 🕜 🐲 🕪 with

Tomato Pizza Bread

W W

Chicken Noodle Stir Fry

Sweet Chilli Vegetable Noodles

Served with Peas

and Broccoli

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Served with Peas and Broccoli

Roast Chicken

Served with Roast Potatoes and Gravy

Vegetable Pie

Served with Mashed

Potato and Gravy

V

Cauliflower and Sweet Potato Masala Served with Wholemeal Rice.

Sweetcorn and Green Beans VE 🕜 🐲 😽

Breaded Fish Fingers

Served with Chips, Peas and Beans





Vegetable Lasagne

Served with Sweetcorn and Green Beans

V

Quorn Dippers

Served with Chips, Peas and Beans

V

Beef Bolognese

Served with Wholemeal Pasta

Schools Choice

Main Dish 2

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

Carrots and Cabbage

Vegetables

Coleslaw, Carrot, Salads Tomato, Cucumber, Lettuce

Dessert

Organic Yoghurt

Sweetcorn & Carrots

Orange Drizzle Cake with Custard

& Fresh Fruit Slices

Peas and Broccoli

Noodle Salad, Sweetcorn, Tomato, Cucumber, Lettuce

> **Organic Yoghurt** & Fresh Fruit Slices

Banana and Apricot Flapjack with Fruit Slices VE 🌥 😽

Cous Cous Salad, Peppers, Tomato, Cucumber, Lettuce

> **Organic Yoghurt** & Fresh Fruit Bowl

Mango Frozen Yoghurt with Fresh Fruit Slices

Green Beans & Sweetcorn

Potato Salad, Carrot, Tomato, **Cucumber, Lettuce**

> **Organic Yoghurt** & Fresh Fruit Salad

Apple and Berry Crumble VE 🍎 😽 with Custard

Peas and Beans

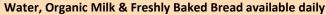
Pasta Salad, Sweetcorn, Tomato, Cucumber, Lettuce

> **Organic Yoghurt** & Fresh Fruit Slices

Strawberry Milkshake with Orange Shortbread







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Vegetarian 🔅 Oily fish 😻 Wholegrain 🍎 Fruity! 💖 Nutritionist's choice











AUTUMN/WINTER

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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



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



Breaded Fish Fingers Served with Chips, Peas and Beans

Main Dish 2

Vegetable Chilli Served with Wholemeal Rice







Vegetable Chow Mein Served with Broccoli and Sweetcorn **W**

Vegetable Pastry Roll Served with Roast

Potatoes and Gravy VE VE

Vegetarian Cottage Pie

Served with Sweetcorn, Green Beans and Gravy



Vegan Meatballs in Tomato Sauce served with Chips, Peas and Beans





Trinidad Chicken & Coconut Rice

Schools Choice

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

Carrots and Cabbage









V VE

V VE

Vegetables

Salads

Dessert

Carrots and Peas

Coleslaw, Carrot, Tomato, Cucumber, Lettuce

> **Organic Yoghurt** & Fresh Fruit Slices

Lemon Drizzle Cake and Custard

Broccoli & Sweetcorn

Noodle Salad, Sweetcorn, Tomato, Cucumber, Lettuce

> **Organic Yoghurt** & Fresh Fruit Slices

Fruit Flapjack with Fresh Fruit Slices VE 🍈

Cous Cous Salad, Peppers, Tomato, Cucumber, Lettuce

> **Organic Yoghurt** & Fresh Fruit Bowl

Strawberry Ice Cream with Fresh Fruit Slices **Green Beans and Sweetcorn**

Potato Salad, Carrot, Tomato, **Cucumber, Lettuce**

> **Organic Yoghurt** & Fresh Fruit Salad

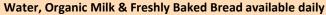
Orange, Sultana and Carrot Slice with Fresh Fruit Salad VE **Peas and Beans**

Pasta Salad, Sweetcorn, Tomato, Cucumber, Lettuce

> **Organic Yoghurt** & Fresh Fruit Slices

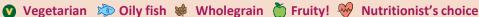
Vanilla Milkshake served with Chocolate Biscuit

Sustainable Seafood Coalition



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