



LEWISHAM PRIMARY SCHOOL 3 WEEK MENU

2023





WEEK 1

W/C: 30/10 20/11 11/12

Monday

Tuesday

Wednesday

Thursday

Friday

AUTUMN/WINTER 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN DISH 1	Macaroni Cheese with Carrots & Peas 	Beef Bolognese with Wholemeal Pasta and Garlic & Herb Bread 	Roast Turkey with Roast Potatoes & Gravy 	Sweet Chilli Vegetable Noodles with Broccoli & Sweetcorn 	Breaded Fish Fingers or Jerk Chicken with Chips
MAIN DISH 2	Sweet Potato Curry with Wholegrain Rice VE	West African Vegetable Rice with Sweetcorn & Green Beans VE	Vegetable Pastry Roll with Roast Potatoes & Gravy VE	Vegetarian Lasagne with Garlic & Herb Bread 	Crispy Quorn Veggie Dippers with Chips VE
SCHOOLS CHOICE	Freshly Made Tomato Pasta or Topped Jacket Potato with Cheese, Coleslaw, Beans or Tuna Mayo or Filled Sandwich/Baguette VE VE VE				
VEGETABLES	Carrots Peas	Sweetcorn Green Beans	Cabbage Carrots	Broccoli Sweetcorn	Baked Beans Peas
SALADS	Pasta Salad, Carrot, Tomato, Cucumber, Lettuce	Noodle Salad, Peppers, Tomato, Cucumber, Lettuce	Cous Cous Salad, Sweetcorn, Tomato, Cucumber, Lettuce	Potato Salad, Carrot, Tomato, Cucumber, Lettuce	Coleslaw, 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
	Strawberry Frozen Yoghurt & Fruit Slices	Orange Drizzle Cake & Custard	Cheese and Biscuits with Fresh Apple Slices	Lemon Slice with Fresh Fruit	Chocolate Ice Cream & Fruit Slices

Water, Milk & Freshly Baked Bread Available Every Day

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

Vegetarian Oily Fish Wholegrain
 Fruity! Nutritionist's Choice **VE** Vegan





WEEK 2

W/C: 06/11 27/11 18/12

Monday

Tuesday

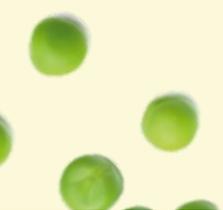
Wednesday

Thursday

Friday

AUTUMN/WINTER 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN DISH 1	Cheese and Tomato Pizza with Potato Wedges 	Beef Lasagne with Garlic & Herb Bread 	Roast Chicken with Roast Potatoes & Gravy	Macaroni Cheese with Broccoli & Carrots 	Breaded Fish Fingers or BBQ Chicken with Chips
MAIN DISH 2	Roasted Vegetable & Butterbean Crumble with Potato Wedges 	Chinese Vegetable Rice with Green Beans & Carrots VE	Sweet Potato & Chickpea Roast with Roast Potatoes & Gravy VE	Vegetarian Bolognese with Wholemeal Pasta, Garlic & Herb Bread VE	BBQ Vegetable Burger with Chips
SCHOOLS CHOICE	Freshly Made Tomato Pasta or Topped Jacket Potato with Cheese, Coleslaw, Beans or Tuna Mayo or Filled Sandwich/Baguette VE VE VE				
VEGETABLES	Sweetcorn Peas	Green Beans Carrots	Cabbage Sweetcorn	Broccoli Carrots	Baked Beans Peas
SALADS	Pasta Salad, Carrot, Tomato, Cucumber, Lettuce	Noodle Salad, Peppers, Tomato, Cucumber, Lettuce	Cous Cous Salad, Sweetcorn, Tomato, Cucumber, Lettuce	Potato Salad, Carrot, Tomato, Cucumber, Lettuce	Coleslaw, Sweetcorn, Tomato, Cucumber, Lettuce
DESSERT	Organic Yoghurt & Fresh Fruit Slices Shortbread & Fruit Slices	Organic Yoghurt & Fresh Fruit Slices Orange Jelly & Fruit Slices	Organic Yoghurt & Fresh Fruit Bowl Chocolate Banana Marble Cake & Fruit Slices	Organic Yoghurt & Fresh Fruit Salad Apple & Berry Crumble with Custard	Organic Yoghurt & Fresh Fruit Slices Strawberry Ice Cream & Fruit Slices



Water, Milk & Freshly Baked Bread Available Every Day
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Vegetarian **Oily Fish** **Wholegrain**
 Fruity! **Nutritionist's Choice** **VE** **Vegan**





WEEK 3

W/C: 13/11 04/12

Monday

Tuesday

Wednesday

Thursday

Friday

MAIN DISH 1

Cheese and Tomato Pizza
with Potato Wedges



West African Chicken Rice
with Peas & Sweetcorn



Roast Turkey Picnic Plate
with Roast Garlic & Herb
New Potatoes

Vegetarian Cottage Pie
with Sweetcorn & Broccoli



Breaded Fish Fingers
or **Jerk Chicken**
with Chips

MAIN DISH 2

Chinese Vegetable Noodles with
Sweetcorn & Green Beans



Mexican Vegetable Tortilla Pie with Rice,
Peas & Sweetcorn



Cheesy Ploughman's Plate
with Roast Garlic & Herb
New Potatoes



Tomato and Herb Pasta Bake
with Wholegrain Pasta

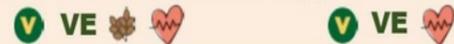


Crispy Quorn Veggie Dippers
with Chips



SCHOOLS CHOICE

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



VEGETABLES

Sweetcorn
Green Beans

Peas
Sweetcorn

Coleslaw
Cucumber Sticks

Broccoli
Sweetcorn

Baked Beans
Peas

SALADS

Pasta Salad, Carrot,
Tomato, Cucumber, Lettuce

Noodle Salad, Peppers,
Tomato, Cucumber, Lettuce

Cous Cous Salad, Sweetcorn,
Tomato, Cucumber, Lettuce

Potato Salad, Carrot, Tomato,
Cucumber, Lettuce

Coleslaw, 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



Mango Frozen Yoghurt
& Fruit Slices

Berry Flapjack
& Fruit Slices



Chocolate Brownie
& Fruit Slices



Pineapple Upside Down
Cake & Custard

Chocolate Milkshake
& Shortbread

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Vegetarian Oily Fish Wholegrain
 Fruity! Nutritionist's Choice Vegan

