



LEWISHAM PRIMARY SCHOOL 3 WEEK MENU

2023





WEEK 1

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

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



West African
Vegetable Rice
with Sweetcorn & Green Beans



Vegetable Pastry Roll
with Roast Potatoes & Gravy



Vegetarian Lasagne
with Garlic & Herb Bread



Crispy Quorn
Veggie Dippers
with Chips



Jacket Potato with Salmon
Mayonnaise



SCHOOLS CHOICE

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



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

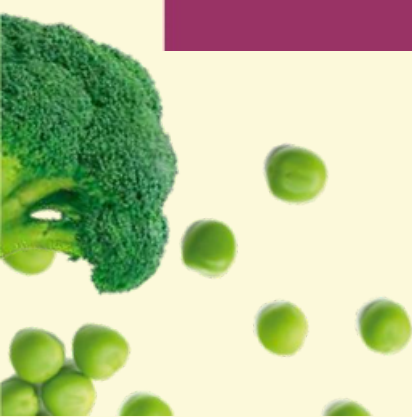


Chocolate Ice Cream
& Fruit Slices

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  Vegan





WEEK 2

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

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



Sweet Potato & Chickpea Roast
with Roast Potatoes & Gravy



Vegetarian Bolognese
with Wholemeal Pasta,
Garlic & Herb Bread



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



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



Organic Yoghurt
& Fresh Fruit Slices



Organic Yoghurt
& Fresh Fruit Bowl



Organic Yoghurt
& Fresh Fruit Salad



Organic Yoghurt
& Fresh Fruit Slices



Shortbread
& Fruit Slices



Orange Jelly
& Fruit Slices



Chocolate Banana Marble
Cake & Fruit Slices







Apple & Berry Crumble
with Custard



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  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

Water, Milk & Freshly Baked Bread Available Every Day

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 Fruity!  Nutritionist's Choice  Vegan



AUTUMN/WINTER 2023

