NOTE

IF YOU HAVE ANY DIETARY OR ALLERGY REQUIREMENTS PLEASE SPEAK TO: MR M PURDUE OR MS L MERRYWEATHER

WEEK 1

LUNCH MENU

2nd November 23rd November 14th December

Thomas Bewick C of E Primary School NCEA

MEGA MONDAY

BEEF PASTA BOLOGNESE
Pasta shapes & meaty sauce

TUNA & SWEETCORN PASTA BAKE
Yummy!

JACKET POTATO
Your choice of filling! Baked Beans, Cheese or Tuna Mayo

VEG & CARBS
Garlic bread, Sweetcorn

PUDDING
Chocolate Mousse, Fresh Fruit, Selection of yoghurts

WONDERFUL WEDNESDAY

ROAST TURKEY
Juicy turkey drizzled with gravy - a school dinner favourite

TOMATO & BASIL PASTA
Served with a crunchy bread slice

JACKET POTATO
Your choice of filling! Baked Beans, Cheese or Tuna Mayo

VEG & CARBS
Yorkshire Pudding, Roast Potatoes, Carrots

PUDDING
Fresh Fruit Salad, Fresh Fruit and Selection of yoghurts

TASTY TUESDAY

OVEN BAKED SAUSAGES
Pork sausages baked just how you like them

QUORN SAUSAGES
Veggie sausages baked just how you like them

CRISPY CHICKEN WRAP
Chicken strips on a bed of lettuce & mayo

VEG & CARBS
Mashed Potatoes, Brocolli

PUDDING
Jelly & Peaches, Fresh Fruit, Selection of yoghurts

TRY IT! THURSDAY

HOMEMADE CHICKEN KORMA
Tender chicken chunks in a mild curry sauce

SWEET POTATO & CHICKPEA CURRY
Good for you & tasty

CHEESE PANINI
An easy choice

VEG & CARBS
Steamed Rice, Naan Bread, Mixed Vegetables

PUDDING
Homemade apple crumble & custard

FABULOUS FRIDAY

HOMEMADE PEPPERONI OR MARGHERITA PIZZA
Thin crust topped with pepperoni & covered with cheese

FISH FINGERS
Fish squished into breadcrumbs

JACKET POTATO
Your choice of filling! Baked Beans, Cheese or Tuna Mayo

VEG & CARBS
Chips, Peas, Beans

PUDDING
Ice cream, Fresh Fruit, Selection of yoghurts

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WEEK 2

LUNCH MENU

9th November, 30th November

Thomas Bewick C of E Primary School — NCEA

MEGA MONDAY

SWEET & SOUR CHICKEN
Chunks of tender chicken in a sticky sauce

CHEESE MELT
Thin crust base topped with yummy tomato sauce and covered with cheese

JACKET POTATO
Your choice of filling! Baked Beans, Cheese or Tuna Mayo

VEG & CARBS
Rice, Prawn Crackers, Sweetcorn

PUDDING
Winchester Biscuit, Fresh Fruit, Selection of yoghurts

TASTY TUESDAY

HOMEMADE MINCE AND DUMPLINGS
Mince with a fluffy dumpling on top

QUORN SAUSAGE CASSEROLE WITH DUMPLINGS
Yummy veggie sausages in tasty sauce

CHEESE & TOMATO CRUSTLESS QUICHE
All the flavour and no pastry!

VEG & CARBS
Mashed Potatoes, Green Beans

PUDDING
Strawberry Mousse, Fresh Fruit, Selection of yoghurt

WONDERFUL WEDNESDAY

ROAST PORK
Juicy pork drizzled with gravy - a school dinner favourite

SALMON FISHCAKE
Scrummy good-for- you salmon coated in crispy breadcrumb

JACKET POTATO
Your choice of filling! Baked Beans, Cheese or Tuna Mayo

VEG & CARBS
Roast Potatoes, Yorkshire pudding, Mixed Vegetables

PUDDING
Fresh Fruit Salad, Fresh Fruit, Selection of yoghurts

TRY IT! THURSDAY

MEATBALL PASTA BAKE
I hope those meatballs don't roll away!

VEGGIE PASTA BAKE
Veggies, sauce & pasta - lovely!

HAM & CHEESE TORTILLA STACK
Baked cheese & ham tortillas

VEG & CARBS
Garlic Bread, Carrots

PUDDING
Apple Crumble & Custard, Fresh Fruit and Selection of yoghurts

FABULOUS FRIDAY

CHICKEN NUGGETS
Chunks of scrummy chicken waiting to be eaten!

QUORN NUGGETS
Crispy crunchy quorny nuggety!

JACKET POTATO
Your choice of filling! Baked Beans, Cheese or Tuna Mayo

VEG & CARBS
Chips, Peas, Beans

PUDDING
Ice Cream Roll, Fresh Fruit, Seelction of yoghurts

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WEEK 3

LUNCH MENU

16th November, 7th December

Thomas Bewick C of E Primary School NCEA

MEGA MONDAY

CHICKEN & BROCCOLI PASTA
Chicken chunks & broccoli trees in a white sauce

MAC 'N' CHEESE
Pasta wiggles coated in cheesey goodness

JACKET POTATO
Your choice of filling! Baked Beans, Cheese or Tuna Mayo

VEG & CARBS
Garlic Bread, Sweetcorn

PUDDING
Rice Pudding, Fresh Fruit, Selection of yoghurts

TASTY TUESDAY

ALL DAY BREAKFAST
The best!

ALL DAY VEGGIE BREAKFAST
The veggie best!

BAKED BEAN MELT
Crispy baguette topped with cheese & beans

VEG & CARBS
Hash Brown, Beans

PUDDING
Shortbread Biscuit, Fresh Fruit, Selection of yoghurts

WONDERFUL WEDNESDAY

ROAST CHICKEN
Juicy chicken drizzled with gravy - a school dinner favourite

VEGGIE CHOW MEIN WITH PRAWN CRACKERS
Mixed veggies & noodles in a tangy sauce

JACKET POTATO
Your choice of filling! Baked Beans, Cheese or Tuna Mayo

VEG & CARBS
Yorkshire Puddings, Roast Potatoes, Carrots

PUDDING
Fresh Fruit Salad, Fresh Fruit, Selection of yoghurts

TRY IT! THURSDAY

MINCE PIE
Meaty goodness wrapped in a pastry case

CHEESE & ONION ROLL
Cheese & onions squished into pastry

HOT SAUSAGE BAGUETTE
Pork sausage & gravy in a crispy baguette

VEG & CARBS
Mashed Potatoes, Mixed Vegetables

PUDDING
Iced Chocolate and Pear Sponge, Fresh Fruit, Selection of yoghurts

FABULOUS FRIDAY

BEEFBURGER
Juicy beefburger with or without cheese - just ask at the hatch!

FISH FINGERS
I'm glad those fishies don't have toes!

JACKET POTATO
Your choice of filling! Baked Beans, Cheese or Tuna Mayo

VEG & CARBS
Chips, Peas, Spaghetti Hoops

PUDDING
Ice Cream Roll, Fresh Fruit, Selection of yoghurts