

## Lunch Menu for Spring Term 2022

| Week One 4/1, 24/1, 14/2, 14/3, 4/4                        |   | Week Two 10/1, 31/1, 28/2, 21/3             |   | Week Three 17/1, 7/2, 7/3, 28/3             |   |
|--|---|---|---|---|---|
| <b>Monday</b>  |   | <b>Monday</b>                               |   | <b>Monday</b>                               |   |
| Macaroni Cheese with side of peppers tomatoes and cucumber | V | Chicken Korma and Rice                      |   | Vegetable Soup with Pasta                   | V |
|  | V | Quorn Chicken Korma and Rice                | V | Vegetable Soup with Pasta                   | V |
| Tuna Cheese and cucumber wrap                              |   | Jacket Potato Beans                         | V | Ham and tomato Salad Wrap                   |   |
| Apple Melon OR Banana ( <b>Circle One</b> )                |   | Apple Melon OR Banana ( <b>Circle One</b> ) |   | Apple Melon OR Banana ( <b>Circle One</b> ) |   |
| Vanilla Ice cream  |   | Chocolate Ice cream                         |   | Strawberry Ice cream                        |   |
| <b>Tuesday</b>   |   | <b>Tuesday</b>                              |   | <b>Tuesday</b>                              |   |
| Sausage Mash and Beans                                     |   | Spaghetti Carbonara with Chopped Ham        |   | Sausage Pie Vegetables with Mash on Top     |   |
| Quorn Sausage Mash and Beans                               | V | Spaghetti Carbonara & Quorn Chopped Ham     | V | Quorn Sausage Pie As Above                  | V |
| Cheese and Onion Quiche Mash & Beans                       | V | Cheese and Cucumber Wrap                    | V | Cauliflower/Broccoli Cheese Bake            | V |
| Apple Melon OR Banana ( <b>Circle One</b> )                |   | Apple Melon OR Banana ( <b>Circle One</b> ) |   | Apple Melon OR Banana ( <b>Circle One</b> ) |   |
| Chocolate Swiss Roll and Custard                           |   | Apple Crumble and Custard                   |   | Fruit Jelly Contains Forest Fruits          |   |
| <b>Wednesday</b>   |   | <b>Wednesday</b>                            |   | <b>Wednesday</b>                            |   |
| Roast Chicken seasonal Veg Roast potatoes                  |   | Roast Pork Seasonal Veg and Roast pots      |   | Roast Chicken Season Veg and Roast Potatoes |   |
| Quorn Chicken as above                                     | V | Quorn Chicken Steaks                        | V | Quorn Chicken veg and roast potatoes        | V |
| Mixed Veg Risotto  |   | Cheese and Onion Pitta Bread                | V | Mozzarella Tomato Panini                    | V |
| Apple Melon OR Banana ( <b>Circle One</b> )                |   | Apple Melon OR Banana ( <b>Circle One</b> ) |   | Apple Melon OR Banana ( <b>Circle One</b> ) |   |
| Raspberry and Banana Flapjacks                             |   | Fruit Jelly                                 |   | Chocolate Cake and chocolate sauce          |   |
| <b>Thursday</b>  |   | <b>Thursday</b>                             |   | <b>Thursday</b>                             |   |
| Spaghetti Bolognese and Green Salad                        |   | Lasagne and Green Beans                     |   | Cottage Pie with Cauliflower/Broccoli       |   |
| Quorn Mince Spaghetti Bolognese                            | V | Quorn Mince Lasagne and Green Beans         | V | Quorn Mince Pie with Cauliflower/Broccoli   | V |
| Jacket Potato with Cheese                                  | V | Chicken Risotto                             |   | Jacket Potato with mixed five beans         | V |
| Apple Melon OR Banana ( <b>Circle One</b> )                |   | Apple Melon OR Banana ( <b>Circle One</b> ) |   | Apple Melon OR Banana ( <b>Circle One</b> ) |   |
| Fruit Jelly  |   | Flapjacks                                   |   | Cherry Oaty Crumble and Custard             |   |
| <b>Friday</b>  |   | <b>Friday</b>                               |   | <b>Friday</b>                               |   |
| Fish Fingers Chips and Peas/Sweetcorn                      |   | Fishcakes Chips and Sweetcorn               |   | Fish Chips and Beans                        |   |
| Vegetarian Fingers Chips Peas/Sweetcorn                    | V | Veggie Fingers Chips and Sweetcorn          | V | Vegetarian Fish Fingers Chips and Beans     | V |
| Salmon Bites Chips peas/Sweetcorn                          |   | Pizza Panini (Mozzarella Tomato Pepperoni)  |   | Savoury mixed veg Risotto                   | V |
| Apple Melon OR Banana ( <b>Circle One</b> )                |   | Apple Melon OR Banana ( <b>Circle One</b> ) |   | Apple Melon OR Banana ( <b>Circle One</b> ) |   |
| Chocolate Cookie   |   | Chocolate Muffins                           |   | Vanilla Cookies                             |   |

*Salad bar, white and wholegrain bread and milk available daily*

**Payment: KS1 Free. KS2 £2.75 a day (£3 for late orders). Via BACS (min £5) or cash. Parrett House Catering a/c no. 37075780 60-12-34**  
**Termly discount of 10% if 3 or more meals ordered a week and pre-paid for the whole term.**

**Child's Name ..... Child's Class .....**

**All orders via email to shelleyg\_01@hotmail.com or in the Parrett post box outside the school office.**

**KS1 meals to be ordered for the whole term by Monday 13<sup>th</sup> December**

**KS2 meals to be ordered by the Wednesday of the week before.**

**Amount Paid BACS ..... Cash .....**