

West Horndon Primary School Menu 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All Day Breakfast (chipolata, bacon, scrambled egg)	Chicken Tikka Masala with Cucumber Raita	Local Butcher's Roast Gammon	Homemade Pasta Bolognaise	Oven Baked Young's Omega 3 Fish Fingers
All Day Vegetarian Breakfast (2 x vegetable sausages & scrambled egg)	Sweet Potato and Lentil Curry with Cucumber Raita	Sage and Onion Topped Quorn Fillet	Homemade Macaroni Cheese	Vegetable Nuggets
Hash Brown, Baked Beans, Button Mushrooms and a Baked Tomato	Naan Bread, Wholegrain and White Rice	Roast Potatoes, Yorkshire Pudding, Roasted Vegetable Selection and Gravy	Garlic Bread	Chips, Garden Peas or Baked Beans
Jacket Potato with Cheese, Baked Beans or Tuna Mayo and Salad Sticks	Fresh Baked Baguette with a filling of choice Ham, Cheese or Tuna and Salad Sticks	Plain Wrap with a filling of choice Ham, Egg, Cheese or Tuna Mayo and Salad Sticks	Jacket Potato with Cheese or Tuna Mayo and Salad Sticks	Sub Roll with a filling of choice Ham, Cheese or Tuna and Salad Sticks
Pancakes with Banana Slices and Maple Syrup or Yoghurt or Selection of Fresh Fruit	Arctic Roll or Yoghurt or Selection of Fresh Fruit	Fresh Fruit Platter or Yoghurt or Selection of Fresh Fruit	Individual Ice Cream Pots or Yoghurt or Selection of Fresh Fruit	Homemade Rice Pudding or Yoghurt or Selection of Fresh Fruit

Fresh Bread, Salad Bar and Cold Milk available everyday

West Horndon Primary School Menu 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A Hearty Slice of Homemade Pepperoni Pizza	Chinese Sweet & Sour Chicken	Local Butcher's Roast Beef	Local Butcher's Sausage	Oven Baked Crispy Fillet of Fish in a Bubble Coating Or Salmon in a Seaside Batter
A Hearty Slice of Homemade Cheese and Tomato Pizza	Chinese Sweet & Sour Quorn	Smothered Quorn Sausages	Linda McCartney Vegetarian Sausages	Omelette
NEW! Warm Italian Cous Cous and Sweetcorn	Wholegrain and White Rice	Roast Potatoes, Yorkshire Pudding, Fresh Carrots, Shredded Savoy Cabbage and Gravy	Creamy Mashed Potatoes, Garden Peas or Baked Beans	Chips and Baked Beans
Jacket Potato with Cheese, Baked Beans or Tuna Mayo and Salad Sticks	Fresh Baked Baguette with a filling of choice Ham, Cheese or Tuna Sweetcorn and Salad Sticks	Sub Roll with a filling of choice Ham, Cheese or Tuna Sweetcorn and Salad Sticks	Jacket Potato with Cheese or Baked Beans and Salad Sticks	Plain Wrap with a filling of choice Ham, Cheese or Tuna Mayo and Salad Sticks
Fresh Fruit Platter or Yoghurt or Selection of Fresh Fruit	Homemade Carrot Cake or Yoghurt or Selection of Fresh Fruit	Chocolate Arctic Roll or Yoghurt or Selection of Fresh Fruit	Waffles with Warm Winter Fruits or Yoghurt or Selection of Fresh Fruit	Homemade Flapjack with Fruit Slices or Yoghurt or Selection of Fresh Fruit

Fresh Bread, Salad Bar and Cold Milk available everyday

West Horndon Primary School Menu 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT FREE MONDAY PASTA DAY! Pesto (Nut Free) Pasta	NEW! Homemade Sweet Turkey Burger, Lettuce & Tomato Slice in Brioche Bun with Garlic Mayo	Local Butcher's Roast Roast Chicken	NEW! Minced Beef Burrito (mild Mexican beef mince wrapped in a tortilla, oven baked)	NEW! Fishwich – Fish Fillet in a Crispy Crumb served with Lettuce & Mayo in a Bun
MEAT FREE MONDAY PASTA DAY! Tomato & Basil Pasta	Vegetarian Burger served in a Brioche Bun	Stuffed Vegetarian Pepper	NEW! Vegetarian Burrito	Sweetcorn & Pepper Tart
Garlic Bread	NEW! Edgy Wedges	Roast Potatoes, Yorkshire Pudding, Fresh Carrots, Broccoli Florets and Gravy	Wholegrain & White Rice	Chips, Sweetcorn or Baked Beans
Jacket Potato with Cheese, Baked Beans or Tuna Mayo and Salad Sticks	Fresh Baked Baguette with a filling of choice Ham, Cheese or Tuna and Salad Sticks	Plain Wrap with a filling of choice Ham, Cheese or Tuna Mayo and Salad Sticks	Jacket Potato with Cheese, Baked Beans or Tuna Sweetcorn and Salad Sticks	Sub Roll with a filling of choice Ham, Cheese or Tuna Sweetcorn and Salad Sticks
Fruit Smoothies or Yoghurt or Selection of Fresh Fruit	Arctic Roll or Yoghurt or Selection of Fresh Fruit	Winterberry Jelly or Yoghurt or Selection of Fresh Fruit	Fresh Fruit Platter or Yoghurt or Selection of Fresh Fruit	Peaches & Ice Cream or Yoghurt or Selection of Fresh Fruit

Fresh Bread, Salad Bar and Cold Milk available everyday