



# Eton Porny C. of E. First School

## Lunch Menu: September 2017 – February 2018

|        |               | MONDAY                                             | TUESDAY                                       | WEDNESDAY                                   | THURSDAY                                       | FRIDAY                                               |
|--------|---------------|----------------------------------------------------|-----------------------------------------------|---------------------------------------------|------------------------------------------------|------------------------------------------------------|
| WEEK 1 | MEAT/FISH     | Chicken Curry with Wholegrain Rice                 | Beef Burger with Herb Diced Potatoes          | Roast Pork , Roast Potatoes and Stuffing    | Salmon Pasta Bake With Garlic Bread            | Battered Fish and Chips                              |
|        | VEGETARIAN    | Vegetable Pie with Mashed Potato                   | Pizza Pin Wheel and Potato Wedges             | Roast Quorn and Roast Potatoes              | Macaroni Cheese with Garlic Bread              | Cheese and Tomato Quiche and Chips                   |
|        | JACKET POTATO | Cheese, Baked Beans or Tuna Mayonnaise             | Cheese, Baked Beans or Tuna Mayonnaise        | Cheese, Baked Beans or Tuna Mayonnaise      | Cheese, Baked Beans or Tuna Mayonnaise         | Cheese, Baked Beans or Tuna Mayonnaise               |
|        | VEGETABLES    | Sweetcorn                                          | Broccoli                                      | Carrots and Cabbage                         | Mixed Salad                                    | Peas or Baked Beans                                  |
|        | DESSERT       | Chocolate and Mandarin Sponge with Chocolate Sauce | Apple and Raisin Flapjack                     | Ice Cream and Fruit                         | Pear Crumble and Custard                       | Cheese and Biscuits                                  |
| WEEK 2 | MEAT/FISH     | Barbeque Chicken with Wholegrain Rice              | Sausages, Mashed Potato and Gravy             | Roast Gammon and Roast Potatoes             | Beef Chilli with Wholegrain Rice Pork          | Battered Fish and Chips                              |
|        | VEGETARIAN    | Vegetable Hotpot                                   | Vegetable Bean Casserole With Wholegrain Rice | Stir-Fry Vegetable Noodles                  | Cheese and Tomato Pizza with Potato Wedges     | Sweet Potato and Chickpea Curry with Wholegrain Rice |
|        | JACKET POTATO | Cheese, Baked Beans or Tuna Mayonnaise             | Cheese, Baked Beans or Tuna Mayonnaise        | Cheese, Baked Beans or Tuna Mayonnaise      | Cheese, Baked Beans or Tuna Mayonnaise         | Cheese, Baked Beans or Tuna Mayonnaise               |
|        | VEGETABLES    | Broccoli                                           | Green Beans                                   | Carrots and Cauliflower                     | Peas                                           | Peas or Baked Beans                                  |
|        | DESSERT       | Pineapple Upside Down Cake                         | Strawberry Mousse                             | Ice Cream and Fruit                         | Peaches and Custard                            | Cheese and Biscuits                                  |
| WEEK 3 | MEAT/FISH     | Beef and Vegetable Pie with Mashed Potato          | Meat Lasagne with Garlic Bread                | Roast Chicken , Roast Potatoes and Stuffing | Chicken and Sweetcorn Pizza with Potato Wedges | Battered Fish and Chips                              |
|        | VEGETARIAN    | Vegetarian Sausage Toad, Mashed Potatoes and Gravy | Vegetable Enchiladas                          | Wholemeal Spaghetti Quorn Bolognaise        | Vegetarian Burger in a Bun with Potato Wedges  | Tomato Pasta Bake with Garlic Bread                  |
|        | JACKET POTATO | Cheese, Baked Beans or Tuna Mayonnaise             | Cheese, Baked Beans or Tuna Mayonnaise        | Cheese, Baked Beans or Tuna Mayonnaise      | Cheese, Baked Beans or Tuna Mayonnaise         | Cheese, Baked Beans or Tuna Mayonnaise               |
|        | VEGETABLES    | Mixed Vegetables                                   | Roasted Vegetables                            | Carrots and Parsnips                        | Coleslaw                                       | Peas or Baked Beans                                  |
|        | DESSERT       | Banana Sponge                                      | Orange and Mandarin Jelly                     | Ice Cream and Fruit                         | Apple and Raisin Crumble and Custard           | Cheese and Biscuits                                  |

Available Daily: Fresh Fruit



Yogurts



Salad



Bread

