Child’s Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

HOWE GREEN HOUSE SCHOOL

LUNCH MENU

With effect from:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Week One | Lasagna with turkey mince and peas  Ham & Cheese wholemeal Sandwich with salad  Homemade Macaroni Cheese  Chocolate Mousse  Apple | Lemon and herb chicken with buttery new potatoes and carrots  Tuna Wrap with salad  Cheese and tomato pizza with diced potatoes  Carrot cake  Melon | Roast beef with Yorkshire pudding, roast potatoes, broccoli and gravy  Cheese and tomato wholemeal sandwich with salad  Jacket potato with cheese and baked beans  Fruit Jelly  Peaches | Pepperoni pizza with diced potatoes  Roast beef baguette with salad  Mediterranean Vegetable Tart  With salad  Fairy cakes  Grapes | Fish fingers with chips and peas  Falafel and sesame free hummus in pitta bread with salad  Vegetarian nuggets with chips and baked beans  Fruit yoghurt  Banana |
| Week two | Thai red mild chicken curry with rice and green beans  Cream cheese and cucumber wholemeal sandwich with salad  Vegetable fusilli pasta  Bread and butter pudding with custard  Apple | Beef burger with lettuce & tomato served with potato wedges  Garden turkey wholemeal sandwich with salad  Vegetable burger with lettuce & tomato served with potato wedges  Chocolate brownie  Clementine | Roast chicken, roast potatoes with carrots and peas in gravy  Egg mayonnaise and cress wholemeal sandwich with salad  Yorkshire pudding loaded with lentils, vegetables and side of the day  Coconut and jam sponge  Pear | Shepherd’s Pie (lamb mince) with sweetcorn  Roast chicken roll with salad  Vegetable frittata with sweet potatoes  Fruity flapjack  Grapes | Breaded fish cake with chips and peas  Smashed avocado and chicken wrap with salad  Vegetable sausages with chips and peas  Lemon drizzle cake  Banana |
| Week three | Chicken and potato pilau rice with raita and papadam  BLT wholemeal sandwich with salad  Vegetable and potato pilau rice with raita and papadom  Chocolate cake  Melon | Spaghetti meatballs with tomato and pepper sauce  Chicken fajitas wrap with salad  Five bean chilli with rice and sour cream  Banoffee pie  Fruit salad | Beef bourguignon and root vegetables with mashed potatoes and gravy  Chicken roll with salad  Crispy vegetables strudel  Rice pudding  Apple | Chicken pasta with mushroom and spinach  Pulled beef wholemeal sandwich with salad  Penne pasta with tomato and basil sauce  Fruit yoghurt  Orange | Breaded fish goujons with chips and peas  Turkey bap with salad  Vegetable stir fry rice noodles  Chocolate chip cookies  Grapes |

Bread served with appropriate dishes of the day \*Salad bar available each day\* Gluten Free gravy is available to accompany roast lunches