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

HOWE GREEN HOUSE SCHOOL

 LUNCH MENU

With effect from:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday  | Tuesday | Wednesday | Thursday | Friday |
| Week One | Lasagna with turkey mince and peasHam & Cheese wholemeal Sandwich with saladHomemade Macaroni CheeseChocolate MousseApple | Lemon and herb chicken with buttery new potatoes and carrotsTuna Wrap with saladCheese and tomato pizza with diced potatoes Carrot cakeMelon | Roast beef with Yorkshire pudding, roast potatoes, broccoli and gravyCheese and tomato wholemeal sandwich with saladJacket potato with cheese and baked beansFruit JellyPeaches | Pepperoni pizza with diced potatoesRoast beef baguette with saladMediterranean Vegetable TartWith saladFairy cakesGrapes | Fish fingers with chips and peasFalafel and sesame free hummus in pitta bread with saladVegetarian nuggets with chips and baked beansFruit yoghurtBanana |
| Week two | Thai red mild chicken curry with rice and green beansCream cheese and cucumber wholemeal sandwich with saladVegetable fusilli pastaBread and butter pudding with custardApple | Beef burger with lettuce & tomato served with potato wedgesGarden turkey wholemeal sandwich with saladVegetable burger with lettuce & tomato served with potato wedgesChocolate brownieClementine | Roast chicken, roast potatoes with carrots and peas in gravyEgg mayonnaise and cress wholemeal sandwich with saladYorkshire pudding loaded with lentils, vegetables and side of the dayCoconut and jam spongePear | Shepherd’s Pie (lamb mince) with sweetcornRoast chicken roll with saladVegetable frittata with sweet potatoesFruity flapjackGrapes | Breaded fish cake with chips and peasSmashed avocado and chicken wrap with saladVegetable sausages with chips and peasLemon drizzle cakeBanana |
| Week three | Chicken and potato pilau rice with raita and papadamBLT wholemeal sandwich with saladVegetable and potato pilau rice with raita and papadomChocolate cakeMelon | Spaghetti meatballs with tomato and pepper sauceChicken fajitas wrap with saladFive bean chilli with rice and sour creamBanoffee pieFruit salad | Beef bourguignon and root vegetables with mashed potatoes and gravyChicken roll with saladCrispy vegetables strudelRice puddingApple | Chicken pasta with mushroom and spinachPulled beef wholemeal sandwich with saladPenne pasta with tomato and basil sauce Fruit yoghurtOrange | Breaded fish goujons with chips and peasTurkey bap with saladVegetable stir fry rice noodlesChocolate chip cookiesGrapes |

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