

LUNCH MENU

WEEK 1

NORTH EATS.
So much more than school food

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Pork Sausages with creamed potato & gravy	Minced Beef and Vegetables with creamed potato	Roast Turkey & Yorkshire Pudding with new potato & gravy	Chicken Korma with wholegrain rice	Breaded Fish Fingers with chipped potatoes
Alternative Dish	Macaroni Cheese	Homemade Cheese & Tomato pizza Potato Wedges	Vegetable Pasty Roll with new potatoes & gravy	Chinese Vegetarian Rice	Vegetarian Dippers with chipped potatoes
Third Choice	Jacket Potato with selection of fillings	Jacket Potato with selection of fillings 	Jacket Potato with selection of fillings 	Jacket Potato with Selection of fillings	Jacket Potatoes with selection of fillings
Salads	Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot & Mixed Salads				
Deli Choice	Freshly made Sandwiches, Rolls & Wraps				
Vegetables	Carrots Green Beans	Sweetcorn Baked Beans	Carrots Cabbage	Peas Sweetcorn	Baked Beans Peas
Desserts	Orange Drizzle Cake with Custard	Chocolate Sponge with Chocolate custard	Strawberry Jelly & Fruit	Flapjack with fruit	Chocolate Ice Cream

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

Vegetarian Nutritionists Choice Fruit Based Wholegrain Oily Fish

LUNCH MENU

WEEK 2

NORTH EATS.
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	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Vegetarian Meatballs in Tomato sauce with wholemeal pasta	Chinese Chicken and Vegetable Rice	Roast Turkey Roast Potatoes Gravy	Beef Lasagne with garlic and herb bread	Breaded Fish Fingers with chipped potatoes
Alternative Dish	Cauliflower Macaroni Cheese with crusty bread	Pizza Wheel with Potato Wedges	Tomato Pasta with garlic and herb bread	Sweet Chilli Vegetable noodles	Vegetarian sausage in a bun with chipped potatoes
Third Choice	Jacket Potato with A selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with A selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings
Salads	Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot & Mixed Salads				
Deli Choice	Freshly made Sandwiches, Rolls & Wraps				
Vegetables	Peas Carrots	Baked Beans Sweetcorn	Carrots Cabbage	Green Beans Sweetcorn	Baked Beans Peas
Desserts	Oat Chocolate Cookie with fruit	Vanilla Cake and Custard	Chocolate and Banana Marble cake with custard	Flapjack with fruit	Chocolate & Orange muffin

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Vegetarian Nutritionists Choice Fruit Based Wholegrain Oily Fish

LUNCH MENU

WEEK 3

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	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Vegetarian Bolognese with wholemeal pasta	Cottage Pie	Roast Pork in a bun with gravy and Oven Baked Potato wedges	Butter Chicken Curry with wholegrain rice 	Southern Fried Chicken with Chipped Potatoes
Alternative Dish	Cheese & Tomato pizza with oven baked potato wedges 	Mexican Vegetarian Tortilla Pie with wholegrain rice	Cheesy Ploughman's Picnic Plate with Oven Baked Potato Wedges	Tomato Pasta Bake with Garlic Dough Balls	Tomato Veggie Burger with Chipped Potatoes
Third Choice	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings 	Jacket Potato with a selection of fillings
Salads	Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot & Mixed Salads				
Deli Choice	Freshly made Sandwiches, Rolls & Wraps				
Vegetables	Carrot sticks Baked Beans	Cabbage Peas	Carrots Coleslaw	Green Beans Sweetcorn	Baked Beans Peas
Desserts	Feathered jam sponge with custard 	Flapjack with fruit	Pineapple Upside Down Cake with custard	Chocolate Brownie with Fruit	Frozen Mango Yoghurt

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Vegetarian Nutritionists Choice Fruit Based Wholegrain Oily Fish

CHILD'S NAME:

CLASS:

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