

# Lewisham Primary Menu 2020 – 21

## Menu Week 1

23/11 14/12 04/01 25/01 22/02 15/03

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	Vege Balls In Tomato Sauce <i>with Pasta</i> **	BBQ Chicken <i>with Rice</i> **	Lemon Roast Chicken <i>Roast Potatoes with Gravy</i>	Beef Bolognese <i>with Pasta</i> **	Golden MSC Cod Fish Fingers <i>and Chips</i>
<b>Alternative Dish</b>	Soft Taco <i>and Cajun Potato Wedges</i>	Vegetable Lasagne <i>with Garlic &amp; Herb Bread Wedge</i> **	Vegetarian Sausages <i>Roast Potatoes with Gravy</i>	Chinese Veggie Noodles	Baked Macaroni Cheese
		Jacket Potato <i>with Salmon Mayo Topper</i> ***			
<b>Vegetables</b>	Sweetcorn Broccoli and Cauliflower Medley	Carrots Broccoli	Carrots Cabbage	Broccoli Sweetcorn	Baked Beans Peas
<b>Salad Bar</b>	'Salad of the Day', Tomato, Cucumber, Lettuce, Carrot	'Salad of the Day', Tomato, Cucumber, Lettuce, Sweetcorn	'Salad of the Day', Tomato, Cucumber, Lettuce, Peppers	'Salad of the Day', Tomato, Cucumber, Lettuce, Carrot	'Salad of the Day', Tomato, Cucumber, Lettuce, Sweetcorn
<b>Desserts</b>	Blueberry frozen Yoghurt <i>with Fruit Slices</i>	Chocolate Slice* <i>with Fruit Slices</i>	Fruit and Yoghurt Bar	Apple and Berry Crumble * <i>and Custard</i>	Cheese & Biscuits <i>with Grapes &amp; Apples</i>
	Yoghurt & Fresh Fruit Slices*	Yoghurt & Fresh Fruit Salad*		Yoghurt & Fresh Fruit Salad*	Yoghurt & Fresh Fruit Slices*
Cool Water & Milk, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily					
*Fruit Based **Wholegrain ***Oily Fish					



Chartwells Lewisham are Sugar Smart  
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# Lewisham Primary Menu 2020 – 21

## Menu Week 2

30/11 11/01 01/02 01/03 22/03

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	The Incredible Burger <i>with Cajun Potato Wedges</i>	Chicken Tikka Masala <i>with Rice **</i>	Roast Beef with <i>Roast Potatoes &amp; Gravy</i>	Beef Lasagne <i>with a Garlic &amp; Herb Bread Wedge **</i>	Golden Fish Fingers <i>and Chips</i>
<b>Alternative Dish</b>	Vege Balls In Tomato <i>Sauce with Pasta **</i>	Quorn Bolognese <i>with Pasta **</i>	Vegetable Pastry Slice <i>with Roast Potatoes Gravy</i>	Vegetable Supreme <i>Pizza ** with Cajun Potato Wedges</i>	Quorn Dippers <i>and Chips</i>
<b>Vegetables</b>	Peas Sweetcorn	Green Beans Carrots	Parsnips Peas	Sweetcorn Broccoli	Peas Baked Beans
<b>Salad Bar</b>	'Salad of the Day', Tomato, Cucumber, Lettuce, Carrot	'Salad of the Day', Tomato, Cucumber, Lettuce, Sweetcorn	'Salad of the Day', Tomato, Cucumber, Lettuce, Peppers	'Salad of the Day', Tomato, Cucumber, Lettuce, Carrot	'Salad of the Day', Tomato, Cucumber, Lettuce, Sweetcorn
<b>Desserts</b>	Mango Frozen Yoghurt <i>with Fruit Slices</i>	Apple Cake* <i>with Fruit Slices</i>	Fruit and Yoghurt Bar	Berry and Peach Crumble * and Custard	Cheese & Biscuits <i>with Grapes &amp; Apples</i>
	Yoghurt & Fresh Fruit Slices*	Yoghurt & Fresh Fruit Salad*		Yoghurt & Fresh Fruit Salad*	Yoghurt & Fresh Fruit Slices*
Cool Water & Milk, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily					
*Fruit Based **Wholegrain ***Oily Fish					



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## Menu Week 3

16/11 07/12 18/01 08/02 08/03 29/03

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Mild Chickpea and Potato Curry with Rice **	Chicken Burger with Cajun Potato Wedges	Roast Turkey with Roast Potatoes & Gravy	Beef Bolognese with Pasta **	Golden Fish Fingers and Chips
Alternative Dish	Vegetarian Sausages Mashed Potatoes with Gravy	Baked Macaroni Cheese	Country Vegetable Pie Roast Potatoes with Gravy	Vegetable Supreme Pizza ** with Cajun Potato Wedges	Quorn Dippers and Chips
Vegetables	Sweetcorn Broccoli	Peas Carrots	Carrots Cabbage	Sweetcorn Broccoli	Baked Beans Peas
Salad Bar	'Salad of the Day', Tomato, Cucumber, Lettuce, Carrot	'Salad of the Day', Tomato, Cucumber, Lettuce, Sweetcorn	'Salad of the Day', Tomato, Cucumber, Lettuce, Peppers	'Salad of the Day', Tomato, Cucumber, Lettuce, Carrot	'Salad of the Day', Tomato, Cucumber, Lettuce, Sweetcorn
Desserts	Raspberry Ripple Ice Cream with Fruit Slices	Banana and Cinnamon Cake* with Fruit Slices	Fruit and Yoghurt Bar	Chocolate Slice* with Fruit Slices	Cheese & Biscuits with Grapes & Apples
	Yoghurt & Fresh Fruit Slices*	Yoghurt & Fresh Fruit Salad*		Yoghurt & Fresh Fruit Salad*	Yoghurt & Fresh Fruit Slices*
Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily					
*Fruit Based **Wholegrain ***Oily Fish					



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