

TEWKESBURY C OF E PRIMARY SCHOOL LUNCH MENU APRIL-JULY 2019

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	CHICKEN NUGGUTS	CHESSE & TOMOTO PIZZA	GAMMON & SUFFING BALLS	SUBWAY LUNCH HAM/CHEESE/TUNA/EGG MAYO ROLL	JUMBO FISHFINGERS
Option 2 (V)	QUORN DIPPERS	CHESSE & TOMOTO PIZZA	QUORN FILLETS	SUBWAY ROLL	VEGGIE FINGERS
Option 3	TOMATO PASTA	CHICKEN&VEG SOUP	VEGETABLE SOUP	SUBWAY	TOMATO SOUP
Carbohydrates and vegetables	PASTA\BEANS\SWEETCORN	DICED POTATOES\PEAS\CARROTS	ROAST POTATOES BROCCOLI\CAULIFLOWER	FRESH SALAD	CHIPS\BEANS \SWEETCORN
Dessert or Fresh fruit	ICE CREAM \FRESH FRUIT	MOUSSE SLICES \FRESH FRIUT	CHOC ORANGE CAKE & CUSTARD /FRESH FRUIT	RING DOUGHNUTS /FRESH FRIUT	FRESH FRUIT AND YOGHURT
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	BEEF BURGERS	CHICKEN KORMA	BRASIED BEEF & CARROT YOURKSHIRE PUDDING	SUBWAY LUNCH HAM/CHEESE/TUNA/EGG MAYO ROLL	STARTFISH
Option 2 (V)	VEGGIE BURGERS	QUORN KORMA	QUORN MINCE /CARROT	SUBWAY	VEGGIE NUGGETS
Option 3	VEGGIE BURGERS	VEGETABLE RICE	VEGETABLE SOUP	SUBWAY	TOMATO SOUP
Carbohydrates & vegetables	WEDGES/SWEETCORN\BEANS	RICE /MIXED VEG /SWEETCORN	ROAST POTATOES /BROCCOLI/CAULIFLOWER	FRESH SALAD	CHIPS/SWEETCORN /BEANS
Dessert or fresh fruit	YUM YUMS \FRESH FRUIT	CHOC / JAM TARLETS /FRESH FRUIT	LEMON CAKE & CUSTARD /FRESH FRUIT	COOKIES /FRESH FRUIT	FRESH FRUIT YOGHURTS
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Option1	MEATBALLS & TOMOTO&BASIL SAUCE	SWEET&SOUR CHICKEN	SAUSAGES WITH YORSHIRE PUDDING	SUBWAY LUNCH HAM/CHEESE/TUNA/EGG MAYO ROLL	COD FILLETS
Option 2 (v)	QUORN BALLS	QUORN SWEETSOUR	QUORN SAUSAGES	SUBWAY	VEGGIE FINGERS
Option 3	PASTA WITH CHESSE	CHICKEN & VEG SOUP	VEGETABLE SOUP	SUBWAY	TOMATO SOUP
Carbohydrates & vegetables	PASTA /BEANS /PEAS	RICE /SWEETCORN /CARROTS	ROAST POTATOES /BROCCOLI/CAULIFLOWER	FRESH SALAD	CHIPS SWEETCORN HOOPS
Dessert or fresh fruit	CHOC DOUGHNUTS /FRESH FRUIT	SHORTBREAD /FRESH FRIUT	PANCAKES /FRESH FRIUT	CHOC FLAPJACK /FRESH FRUIT	FRESH FRIUT/ YOGHURTS
