





Lewisham Primary Autumn/Winter 2021 Menu Week 1

30/08 20/09 11/10 08/11 29/11 03/01 24/01 21/02 14/03

	 Veggie Sausages with Mashed Potato and Gravy (V)	 Allegra's Garlicky Chicken & Spanisly Spuds	Roast Beef with Roast Potatoes and Gravy	Quorn Hotdog with Jacket Wedges (V)	Golden Fish Fingers and Chips
	Caribbean Style Coconut Curry with 50/50 Rice ** (V)	Allegra's Cheesy Peasy Risotto Bake (V)	Butternut Squash & Potato Pastry Slice (Ve) with Roast Potatoes & Gravy	Vegetable Lasagne with Garlic & Herb Bread Wedge ** (V)	 Veggie Soft Taco With 50/50 Rice ** (Ve)
Choice of Jacket Potato w/ Beans  , Tuna, Cheese or Coleslaw, Tomato Pasta ** (V) or Packed Lunch					
Peas Carrots	Sweetcorn Broccoli	Carrots Cabbage	Sweetcorn Green Beans	Baked Beans Peas	
Cous Cous Salad, Tomato, Cucumber, Lettuce, Carrot	Potato Salad, Tomato, Cucumber, Lettuce, Sweetcorn	Pasta Salad, Tomato, Cucumber, Lettuce, Peppers	Beetroot Salad, Tomato, Cucumber, Lettuce, Carrot	Coleslaw, Tomato, Cucumber, Lettuce, Sweetcorn	
Apple & Berry Oaty Crumble* with Custard	Banana Cake * with Fruit Slices	Cheese and Biscuits with Grapes & Apple Slices	Orange Shortbread with Fruit Slices	Chocolate Slice * with Orange Wedges	
Yoghurt & Fresh Fruit Slices*	Yoghurt & Fresh Fruit Salad*	Yoghurt & Fresh Fruit Bowl*	Yoghurt & Fresh Fruit Salad*	Yoghurt & Fresh Fruit Slices*	

Cool Milk or Water & Freshly Baked Bread available daily

Please speak to the Catering Manager for special dietary requirements and allergen information
Vegetables & Fruit are subject to seasonal variation. Menu is subject to individual school changes.

*Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian (Ve) Vegan

Chartwells Lewisham are Sugar




'NUDGE NUDGE' is Chartwells's healthy eating
initiative which aims to help support parents and
pupils to make the most nutritious meal choices
using the Nutritionist's Choice logo.



Menu Week 2

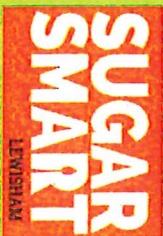
06/09 27/09 18/10 15/11 06/12 10/01 31/01 28/02 21/03

Monday		Tuesday		Wednesday		Thursday		Friday	
	Veggie Bolognese with Pasta ** (Ve)	Allegra's Chicken Katsu with 50/50 Rice **	Roast Turkey with Roast Potatoes and Gravy	Veggie Balls in Tomato Sauce with Spaghetti (V)	Golden Fish Fingers and Chips				
	Mild Potato & Chickpea Curry with 50/50 Rice ** (Ve)	Allegra's Oodles of Noodles (V)	Creamy Vegetable Pie with Roast Potatoes & Gravy (V)	Vegetable Supreme Pizza with Dough Balls (V)	Beef Bolognese Jacket Potato	BBQ Veggie Burger and Chips (V)			
Choice of Jacket Potato w/ Beans  , Tuna, Cheese or Coleslaw, Tomato Pasta ** (V) or Packed Lunch									
Peas Carrots	Broccoli Sweetcorn	Cabbage Carrots	Sweetcorn Green Beans	Baked Beans Peas					
Cous Cous Salad, Tomato, Cucumber, Lettuce, Carrot	Potato Salad, Tomato, Cucumber, Lettuce, Sweetcorn	Pasta Salad, Tomato, Cucumber, Lettuce, Peppers	Beetroot Salad, Tomato, Cucumber, Lettuce, Carrot	Coleslaw, Tomato, Cucumber, Lettuce, Sweetcorn					
Pineapple Upside Down Cake * with Ice Cream	Peach Shortbread Pudding * with Custard	Cheese and Biscuits with Grapes & Apple Slices	Frozen Yoghurt and Fruit Bar	Apple & Carrot Yoghurt Muffin * with Fruit Slices					
Yoghurt & Fresh Fruit Slices *	Yoghurt & Fresh Fruit Salad *	Yoghurt & Fresh Fruit Bowl *	Hummus and Crudité's	Yoghurt & Fresh Fruit Slices *					

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Menu Week 3

13/09 04/10 01/11 22/11 13/12 17/01 07/02 07/03 28/03

Hot Main Dish	Quorn Nuggets with Jacket Wedges (V) & Tomato Sauce	Allegra's Chicken Filo Pie with Mashed Potato & Gravy	Roast Chicken with Roast Potatoes & Gravy	Cheese and Tomato Pizza with Dough Balls (V)	Golden Fish Fingers and Chips Beef Burger and Chips	
Hot Main Dish	Jerk Veggie Burrito ** (Ve)	BBQ Beans  with Allegra's Cornbread (V) Jacket Potato with Salmon Mayonnaise ***	Sweet Potato and Chickpea Roast with Roast Potatoes & Gravy (Ve) 	Vegetable Korma with 50/50 Rice ** (Ve)	Baked Macaroni Cheese (V)	
Choice of Jacket Potato w/ Beans  , Tuna, Cheese or Coleslaw, Tomato Pasta ** (V) or Packed Lunch						
Vegetables	Green Beans Sweetcorn	Broccoli Carrots	Peas Cabbage	Broccoli Sweetcorn	Peas Baked Beans	
Salad	Cous Cous Salad, Tomato, Cucumber, Lettuce, Carrot	Potato Salad, Tomato, Cucumber, Lettuce, Sweetcorn	Pasta Salad, Tomato, Cucumber, Lettuce, Peppers	Beetroot Salad, Tomato, Cucumber, Lettuce, Carrot	Coleslaw, Tomato, Cucumber, Lettuce, Sweetcorn	
Dessert	Chocolate Slice * with Fruit Slices	Banana and Oat Bite * with Fruit Slices	Cheese and Biscuits with Grapes & Apple Slices	Berry & Peach Oaty Crumble * with Custard	Chocolate Shortbread with Fruit Slices	
	Yoghurt & Fresh Fruit Slices *	Yoghurt & Fresh Fruit Salad *	Yoghurt & Fresh Fruit Bowl *	Yoghurt & Fresh Fruit Salad *	Yoghurt & Fresh Fruit Slices *	

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Soil Association