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

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	Yoghurt & Fresh Fruit Slices*	Apple & Berry Oaty Crumble* with Custard	Cous Cous Salad, Tomato, Cucumber, Lettuce, Carrot	Peas Carrots	Ch	Caribbean Style Coconut Curry with 50/50 Rice ** (V)	Gravy (V)	Veggie Sausages with Mashed Potato and	Ningay Stek
Col Milk of Weter 8 Free	Yoghurt & Fresh Fruit Salad*	Banana Cake * with Fruit Slices	Potato Salad, Tomato, Cucumber, Lettuce, Sweetcorn	Sweetcorn Broccoli	oice of Jacket Potato w/ Beans	Allegra's Cheesy Peasy Risotto Bake (V)	Spanishy Spuds	Allegra's Garlicky Chicken &	
	Yoghurt & Fresh Fruit Bowl*	Cheese and Biscuits with Grapes & Apple Slices	Pasta Salad, Tomato, Cucumber, Lettuce, Peppers	Carrots Cabbage	, Tuna, Cheese or Coleslaw, To	Butternut Squash & Potato Pastry Slice (Ve) with Roast Potatoes & Gravy	and Gravy	Roast Beef with Roast Potatoes	ACCES MARKET SECTION
一、 一	Yoghurt & Fresh Fruit Salad*	Orange Shortbread with Fruit Slices	Beetroot Salad, Tomato, Cucumber, Lettuce, Carrot	Sweetcorn Green Beans	Choice of Jacket Potato w/ Beans , Tuna, Cheese or Coleslaw, Tomato Pasta ** (V) or Packed Lunch	Vegetable Lasagne with Garlic & Herb Bread Wedge ** (V)	Quorn Hotdog with Jacket Wedges (V)		The springer
	Yoghurt & Fresh Fruit Slices*	Chocolate Slice * with Orange Wedges	Coleslaw, Tomato, Cucumber, Lettuce, Sweetcorn	Baked Beans Peas	h	Veggie Soft Taco With 50/50 Rice ** (Ve)	BBQ Chicken Wrap with Chips	Golden Fish Fingers and Chips	9 (E. 18)

Cool Milk or Water & Freshly Baked Bread available daily

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

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







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



Menu Week 2

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Veggie Bolognese With Pasta *** (Ve) With 50/50 Rice *** Wild Potato & With 50/50 Rice *** Chickpea Curry With 50/50 Rice *** Chickpea Curry With 50/50 Rice *** Choice of Jacket Potato w/ Beans Tund, Cheese or Coleslaw, Tomato Pasta *** (V) with Dough Balls (V) Peas Carrots Cous Cous Salad, Tomato, Cucumber, Lettuce, Carrot Cake * with Ice Cream Voghurt & Fresh Voghurt & Fresh
Allegra's Chicken Katsu with 50/50 Rice ** Allegra's Allegra's Allegra's Creamy Vegeti Oodles of Noodles (V) Creamy Vegeti Roast Potatoe: Roast T
Allegra's Chicken Katsu with 50/50 Rice *** Allegra's Allegra's Creamy Veget: Oodles of Noodles (V) Choice of Jacket Potato w/ Beans Broccoli Sweetcorn Potato Salad, Tomato, Cucumber, Lettuce, Sweetcorn Roast T with Roast T creamy Veget: Creamy Veget: Roast Potatoe: Roast Potatoe: Roast Potatoe: Roast Potatoe: Roast Potatoe: Roast Potatoe: Roast T Creamy Veget: Roast Potatoe: Roast T Creamy Veget: Roast Potatoe: Roast T Carro Lettuce, F
Allegra's Chicken Katsu with 50/50 Rice ** Allegra's Allegra's Creamy Veget: Choice of Jacket Potato w/ Beans Broccoli Sweetcorn Roast Potato Carre
Allegra's Chicken Katsu with 50/50 Rice ** and G Allegra's Allegra's Creamy Vegett Roast Potatoe: Choice of Jacket Potato w/ Beans Roast Potatoe:
Allegra's Chicken Katsu with 50/50 Rice ** Allegra's Allegra's Creamy Vegetable Pie with Roast Potatoes & Gravy (V)
Allegra's Roast Turkey Chicken Katsu with Roast Potatoes with 50/50 Rice ** and Gravy
To a side

Cool Milk or Water & Freshly Baked Bread available daily

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







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Lewisham Primary Autumn/Winter 202 Menu Week 3

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	Dept. 4 %			Samoots Selette	Quetranto e Otshi		prost Literia Literia		
Yoghurt & Fresh Fruit Slices *	Chocolate Slice * with Fruit Slices	Cous Cous Salad, Tomato, Cucumber, Lettuce, Carrot	Green Beans Sweetcorn	Ch	Jerk Veggie Burrito ** (Ve)		& Tomato Sauce	Quorn Nuggets with Jacket Wedges (V)	NEOPHOLES
Yoghurt & Fresh Fruit Salad *	Banana and Oat Bite * with Fruit Slices	Potato Salad, Tomato, Cucumber, Lettuce, Sweetcorn	Broccoli Carrots	oice of Jacket Potato w/ Bean	Jacket Potato with Salmon Mayonnaise ***	BBQ Beans With Allegra's Cornbread (V)	with Mashed Potato & Gravy	Allegra's Chicken Filo Pie	TA 4
Yoghurt & Fresh Fruit Bowl *	Cheese and Biscuits with Grapes & Apple Slices	Pasta Salad, Tomato, Cucumber, Lettuce, Peppers	Peas Cabbage	s [©] , Tuna, Cheese or Coleslaw, To	Sweet Potato and Chickpea Roast with Roast Potatoes & Gravy (Ve)		& Gravy	Roast Chicken	100
Yoghurt & Fresh Fruit Salad *	Berry & Peach Oaty Crumble * with Custard	Beetroot Salad, Tomato, Cucumber, Lettuce, Carrot	Broccoli Sweetcorn	mato Pasta ** (V) or Packed Lun	Vegetable Korma with 50/50 Rice ** (Ve)		with Dough Balls (V)	Cheese and Tomato Pizza	The second of the second
Yoghurt & Fresh Fruit Slices *	Chocolate Shortbread with Fruit Slices	Coleslaw, Tomato, Cucumber, Lettuce, Sweetcorn	Peas Baked Beans	ich	Cheese (V)	Baked Macaroni	Beef Burger and Chips	Golden Fish Fingers and Chips	III fighty
	Yoghurt & Fresh Fruit Salad * Fruit Salad * Fruit Bowl * Fruit Salad * Fruit Salad *	Chocolate Slice * Banana and Oat Bite * Cheese and Biscuits with Fruit Slices with Fruit Slices with Grapes & Apple Slices Crumble * with Custard Yoghurt & Fresh Fruit Slices * Fruit Salad * Fruit Bowl * Fruit Salad * Cheese and Biscuits Berry & Peach Oaty with Grapes & Apple Slices Crumble * with Custard Yoghurt & Fresh Fruit Salad * Fruit Bowl * Fruit Salad *	Cous Cous Salad, Tomato, Cucumber, Lettuce, Carrot Chocolate Slice * with Fruit Slices Yoghurt & Fresh Fruit Slices * Fruit Slices * Cous Cous Salad, Potato Salad, Tomato, Cucumber, Lettuce, Sweetcorn Lettuce, Sweetcorn Lettuce, Peppers Lettuce, Carrot Lettuce, Peppers Lettuce, Carrot Lettuce, Peppers Lettuce, Carrot Lettuce, Peppers Lettuce, Peppers Lettuce, Peppers Lettuce, Peppers Lettuce, Peppers Lettuce, Carrot Lettuce, Peppers Lettuce, Peppers Lettuce, Peppers Lettuce, Carrot Lettuce, Peppers Lettuce, Carrot Lettuce, Peppers Lettuce, Carrot Lettuce, Carrot Lettuce, Carrot Fruit Slices Rerry & Peach Oaty Crumble * with Custard Yoghurt & Fresh Fruit Salad * Fruit Salad * Fruit Salad *	Green Beans Sweetcorn Carrots Cous Cous Salad, Tomato, Cucumber, Lettuce, Carrot Chocolate Slice* with Fruit Slices Yoghurt & Fresh Fruit Slices* Fruit Salad* Broccoli Cabbage Sweetcorn Carrots Cabbage Sweetcorn Carrots Cabbage Sweetcorn Carrots Cabbage Sweetcorn Carrots Cabbage Sweetcorn Lettuce, Carbot Lettuce, Cucumber, Lettuce, Pasta Salad, Tomato, Cucumber, Lettuce, Peppers Lettuce, Peppers Lettuce, Carrot Lettuce, Peppers Lettuce, Carrot Lettuce, Peppers Lettuce, Carrot Fruit Slices With Grapes & Apple Slices Crumble * with Custard Fruit Salad *	Choice of Jacket Potato w/ Beans Green Beans Sweetcorn Cous Cous Salad, Tomato, Cucumber, Lettuce, Carrot Chocolate Slice* With Fruit Slices* Yoghurt & Fresh Fruit Salad * Fruit Salad * Choice of Jacket Potato w/ Beans Broccoli Carrots Carrots Carrots Cabbage Sweetcorn Carrots Cabbage Sweetcorn Carrots Cabbage Sweetcorn Carrots Cabbage Sweetcorn Carrot Chocolate Slice * With Grapes & Apple Slices Crumble * with Custard Yoghurt & Fresh Fruit Salad * Fruit Salad *	Burrito *** (Ve) Burrito *** (Ve) Burrito *** (Ve) Burrito *** (Ve) With Salmon Mayonnaise **** Choice of Jacket Potato w/ Beans Green Beans Green Beans Green Beans Cous Cous Salad, Cous Cous Salad, Tomato, Cucumber, Lettuce, Carrot Chocolate Slice * With Fruit Slices * Voghurt & Fresh Fruit Salad * Fruit Salad * With 50/50 Rice *** (Ve) Beccoli Cabbage Sweetcorn Lettuce, Carrot Lettuce, Cucumber, Lettuce, Peppers Cheese and Biscuits With Grapes & Apple Slices Crumble * with Custard Voghurt & Fresh Fruit Salad * Fruit Salad * Fruit Salad *	BBQ Beans with Allegra's Combread (V) Jacket Potato with Salmon Mayonnaise *** Choice of Jacket Potato w/ Beans Sweet Potato and Chickpea Burrito *** (Ve) Jacket Potato with Salmon Mayonnaise *** Choice of Jacket Potato w/ Beans Garavy (Ve) Green Beans Gareen Beans Sweetcorn Green Beans Cous Cous Salad, Tomato, Cucumber, Lettuce, Carrot Lettuce, Sweetcorn Chocolate Slice * With Fruit Slices * Voghurt & Fresh Fruit Salad * Fruit Salad * Fruit Salad * With Fult Salad * With Full Salad * Wit	### Tomato Sauce with Mashed Potato & Gravy ### A Tomato Sauce With Mashed Potato ### A Gravy ### BBQ Beans ### Jacket Potato ### With Allegra's Combread ### Jacket Potato ### Jacket Potato ### Allegra's Combread ### Jacket Potato ### Jacket Potato ### Allegra's Combread ### Jacket Potato #	Quorn Nuggets with Jacket Wedges (V) & Tomato Sauce & Gravy BBQ Beans Burrito ** (Ve) Jerk Veggie Burrito ** (Ve) Jacket Potato With Allegra's Combread Jerk Veggie Burrito ** (Ve) Jacket Potato With Salmon Mayonnaise **** Cous Cous Salad, Tomato, Cucumber, Lettuce, Carrot Lettuce, Carrot Chocolate Slice * With Fruit Slices Allegra's Chicken With Mashed Potato & Gravy Well With Allegra's Combread Sweet Potato and Chickpea With Roast Potatoes & Gravy Well With Roast Potatoes With Roast Potato and Chickpea With Roast Potatoes With Roast Potatoes With Roast Potatoes With Roast Potato and Chickpea With Solfan Potato w/ Beans Sweet Potato and Chickpea With Roast Potatoes With Roast Potato and Chickpea With Solventa Potato Sweet Potato and Chickpea With Solventa Potato With Roast Potato Wegetable Korma With Forator Wegetable Korma With Forator With Roast Potato Wegetable Korma With Roast Potato Wegetabl

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