

Lewisham Primary Option 1 Menu

Spring Summer 2021 - Week 1

19/04 10/05 07/06 28/06 19/07

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Vege Balls In Tomato Sauce with Pasta **	BBQ Chicken with Rice **	Lemon Roast Chicken Roast Potatoes with Gravy	Beef Bolognese with Pasta **	Golden MSC Fish Fingers and Chips
Alternative Dish	Soft Taco and Cajun Potato Wedges	Vegetable Lasagne with Garlic & Herb Bread Wedge ** Jacket Potato with Salmon Mayo Topper ***	Vegetarian Sausages Roast Potatoes with Gravy	Chinese Veggie Noodles	Baked Macaroni Cheese
Schools Choice	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****
Vegetables	Sweetcorn Carrots	Peas Broccoli and Cauliflower	Carrots Cabbage	Broccoli Sweetcorn	Baked Beans Peas
Salad Bar	Celery & Apple, 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
Desserts	Blueberry frozen Yoghurt with Fruit Slices	Chocolate Slice* with Fruit Slices	Fruit and Yoghurt Bar	Apple and Berry Crumble * and Custard	Cheese & Biscuits with Grapes & Apples
	Yoghurt & Fresh Fruit Slices*	Yoghurt & Fresh Fruit Salad*		Yoghurt & Fresh Fruit Salad*	Yoghurt & Fresh Fruit Slices*

Cool Milk or Water & Freshly Baked Bread available daily

****Schools Choice: Filled Jacket Potato, Extra Pasta Dish, Sandwich/Baguette (Subject to availability)

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



MSC-C-5074
Seafood with this mark comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery

MSC-C-5074

Lewisham Primary Option 1 Menu

Spring Summer 2021 - Week 2

26/04 17/05 14/06 05/07

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Chicken Tikka Masala with Rice **	Roast Beef with Roast Potatoes & Gravy	Beef Lasagne with a Garlic & Herb Bread Wedge **	Golden MSC Fish Fingers and Chips	
Alternative Dish	Vege Balls In Tomato Sauce with Pasta **	Vegetable Pastry Slice with Roast Potatoes Gravy	Vegetable Supreme Pizza * with Cajun Potato Wedges	Quorn Dippers and Chips	
Schools Choice	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****
Vegetables	Peas Sweetcorn	Broccoli Carrots	Cabbage Peas	Sweetcorn Broccoli	Peas Baked Beans
Salad Bar	Celery & Apple, 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
Desserts	Mango Frozen Yoghurt with Fruit Slices	Apple Cake* with Fruit Slices	Fruit and Yoghurt Bar	Berry and Peach Crumble * and Custard	Cheese & Biscuits with Grapes & Apples
	Yoghurt & Fresh Fruit Slices*	Yoghurt & Fresh Fruit Salad*		Yoghurt & Fresh Fruit Salad*	Yoghurt & Fresh Fruit Slices*
Cool Milk or Water & Freshly Baked Bread available daily					

****Schools Choice: Filled Jacket Potato, Extra Pasta Dish, Sandwich/Baguette (Subject to availability)
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MSC-C-50704



Chartwells Lewisham are Sugar Smart
 find out more, visit our website:
www.lewishamschoolmeals.co.uk

Lewisham Primary Option 1 Menu

Spring Summer 2021 - Week 3

03/05 24/05 21/06 12/07

	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 MSC 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
Schools Choice	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****
Vegetables	Carrots Broccoli	Sweetcorn Peas	Carrots Cabbage	Sweetcorn Broccoli	Baked Beans Peas
Salad Bar	Celery & Apple, 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
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 Milk or Water & Freshly Baked Bread available daily

****Schools Choice: Filled Jacket Potato, Extra Pasta Dish, Sandwich/Baguette (Subject to availability)

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