



Long Sutton Primary School Menu Week Three



Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Cheese and Tomato Pasta Bake with Sweetcorn and Garlic Bread.	Fish, Chips And Peas.	Sweet and Sour Chicken with Wholemeal Rice and Green Beans.	Roast Chicken, New Potatoes, Stuffing, Peas, Carrots and Gravy.	Sausage with Hash Browns and Baked Beans.
Main 2	Macaroni Cheese with Sweetcorn and Garlic Bread.	Salmon Fingers, Chips and Peas.	Sweet and Sour Vegetables with Wholemeal Rice and Green Beans.	Quorn Fillet, New Potatoes. Stuffing, Peas, Carrots and Gravy.	Cheese Omelette with Hash Browns and Baked Beans.
Main 3	Jacket Potato with Baked Beans and Salad.	Cheese Wrap and Salad.	Ham Wrap and Salad.	Ploughmans.	Jacket Potato with Tuna Mayo and Salad.
Dessert	Fruit Salad	Lemon Cake	Ice Cream	Jelly	Yoghurt and melon.
Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Drinks	Water	Water	Water	Water	Water
Extra bread	Wholemeal Bread	Wholemeal Bread	Wholemeal Bread	Wholemeal Bread	Wholemeal Bread

Weeks Commencing - 14 Sept and 5 Oct.

