



## Long Sutton Primary School Menu Week One



Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Wholemeal Cheese and Tomato Pizza, Wedges and Baked Beans	Tomato Pasta with Vegan Meatballs and Green Beans	Chicken Tikka, Wholemeal Rice and Peas	Roast Beef, New Potatoes, Peas, Carrots and Gravy	Sausages, Hash Browns and Baked Beans
Main 2	Vegan Sausage Roll, Wedges and Baked Beans	Macaroni Cheese with Green Beans	Vegetable Tikka, Wholemeal Rice and Peas	Quorn Sausage, New Potatoes, Peas, Carrots and Gravy	Free Range Omelette, Hash Browns and Baked beans
Main 3	Wholemeal Cheese Sandwich with Salad	Wholemeal Ham Sandwich with Salad	Jacket Potato with Cheese and Salad	Jacket Potato with Tuna Mayonnaise and Salad	Wholemeal Egg Mayonnaise Sandwich with Salad
Dessert	Yoghurt and Watermelon	Blueberry Muffin	Jelly and Fruit	Vanilla Sponge and Custard	Ice Cream
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 21st April, 12th May, 2nd June, 23rd June, 14th July

