



## Long Sutton Primary School Menu Week

Week Three	Monday	Tuesday	Wednesday
Main 1	Roast Chicken, New Potatoes, Broccoli, Carrots and Gravy	Wholemeal Cheese and Tomato Pizza, Wedges and Beans	Chicken Pie, Mixed Veg, Mash and Gravy
Main 2	Quorn fillet, New Potatoes, Broccoli, Carrots and Gravy	Vegan Sausage Roll, Wedges and Baked Beans	Quorn Sausage, Mixed Veg, Mash and Gravy
Main 3	Wholemeal Egg mayonnaise Sandwich with Salad	Ploughmans Salad with Cheese, Ham, Egg, Bread and Butter	Jacket Potato with Cheese and Salad
Dessert	Yoghurt and Watermelon	Blueberry Muffin	Jelly and Fruit
Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Drinks	Water	Water	Water
Extra bread	Wholemeal Bread	Wholemeal Bread	Wholemeal Bread

Weeks Commencing 5th May, 16th June, 7th July

## Week Three



Thursday	Friday
Chicken Tikka with Wholemeal Rice and Green Beans	Hot Dog, Chips and Baked Beans
Vegetable Tikka with Wholemeal Rice and Green Beans	Free Range Omelette, Hash Browns and Baked Beans
Wholemeal Ham Sandwich with Salad	Jacket Potato with Baked Beans and Salad
Banana Cake and Custard	Ice Cream
Fresh Fruit	Fresh Fruit
Water	Water
Wholemeal Bread	Wholemeal Bread

