Long Sutton Primary School Menu Week One

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Chicken Noodles and Broccoli.	Vegan Roll, Corn on the cob and Wedges.	Chicken Tikka with Wholegrain Rice and Green Beans.	Roast Beef, New Potatoes, Carrots, Peas and Gravy.	Chicken Burger with Chips and Baked Beans.
Main 2	Vegetable Noodles and Broccoli.	Cheese and Tomato Pizza, Corn on the cob and Wedges.	Vegetable Tikka with Wholegrain Rice and Green Beans.	Quorn Fillet, New Potatoes, Carrots, Peas and Gravy.	Quorn Burger with Chips and Baked Beans.
Main 3	Wholemeal Cheese Sandwich and Salad.	Jacket Potato with Baked Beans and Salad.	Ham Wrap and Salad	Ploughmans.	Cheese and Tomato Wrap and Salad.
Dessert	Ice Cream and Fruit	Jelly	Cheese, Crackers and Apples	Yoghurt and Melon	Vanilla Sponge and Custard.
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 - 2 Nov, 23 Nov and 14 Dec