



## Long Sutton Primary School Menu Term 1 2023/24



Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Salmon Fishcakes with Mashed Potato, Sweetcorn and Peas	Cheese and Tomato Pizza, Potato Wedges and Baked Beans	Gammon, Roast Potatoes, Carrots, Peas and Gravy	Chicken Tikka Masala, Rice and Green Beans	Sausages, Chips and Peas
Main 2	Quorn Sausage, Mashed Potatoes, Sweetcorn, Peas and Gravy	Jacket Potato with Baked Beans and Salad	Cauliflower Cheese, Roast Potatoes, Carrots and Peas	Vegetable Noodles with Green Beans	Quorn Lasagne, Chips and Peas
Main 3	Jacket Potato with Tuna Mayo and Salad	Cheese Salad Wrap with Salad	Tuna Mayonnaise Salad Wrap with Mixed Salad	Jacket Potato with Ham Salad	Ham Salad Wrap with Mixed Salad
Pick and Mix Salad Bar is available for all 3 main meal options every day					
Dessert	Cheese, Crackers and Apple Slices	Jelly and Fruit	Blueberry Muffin	Fruit Crumble and Custard	Yoghurt and Fruit
Fruit Drinks	Fresh Fruit Water	Fresh Fruit Water	Fresh Fruit Water	Fresh Fruit Water	Fresh Fruit Water
Extra bread	Wholemeal Bread	Wholemeal Bread	Wholemeal Bread	Wholemeal Bread	Wholemeal Bread

Weeks Commencing 15th January, 5th February, 4th March, 25th March

