

# Lewisham Primary Option 1 Menu Spring Summer 2021 - Week 1

19/04 10/05 07/06 28/06 19/07

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Hot Drink</b> Dish	Vege Balls In Tomato Sauce <i>with Pasta</i> **	BBQ Chicken <i>with Rice</i> **	Lemon Roast Chicken <i>Roast Potatoes with Gravy</i>	Beef Bolognese <i>with Pasta</i> **	Golden MSC Fish Fingers <i>and Chips</i>
<b>Alternative</b> Dish	Soft Taco <i>and Cajun Potato Wedges</i>	Vegetable Lasagne <i>with Garlic &amp; Herb Bread Wedge</i> **	Vegetarian Sausages <i>Roast Potatoes with Gravy</i>	Chinese Veggie Noodles	Baked Macaroni Cheese
		Jacket Potato <i>with Salmon Mayo Topper</i> ***			
<b>Hot Drink</b>	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****
<b>Hot Drink</b>	Sweetcorn Carrots	Peas Broccoli and Cauliflower	Carrots Cabbage	Broccoli Sweetcorn	Baked Beans Peas
<b>Hot Drink</b>	Celery & Apple, Tomato, Cucumber, Lettuce, Carrot	Potato Salad, Tomato, Cucumber, Lettuce, Sweetcorn	Pasta Salad, Tomato, Cucumber, Lettuce, Peppers	Beetroot Salad, Tomato, Cucumber, Lettuce, Carrot	Coleslaw, Tomato, Cucumber, Lettuce, Sweetcorn
<b>Hot Drink</b>	Blueberry frozen Yoghurt <i>with Fruit Slices</i>	Chocolate Slice* <i>with Fruit Slices</i>	Fruit and Yoghurt Bar	Apple and Berry Crumble * <i>and Custard</i>	Cheese & Biscuits <i>with Grapes &amp; Apples</i>
	Yoghurt & Fresh Fruit Slices*	Yoghurt & Fresh Fruit Salad*		Yoghurt & Fresh Fruit Salad*	Yoghurt & Fresh Fruit Slices*

Cool Milk or Water & Freshly Baked Bread available daily

\*\*\*\*Schools Choice: Filled Jacket Potato, Extra Pasta Dish, Sandwich/Baguette (Subject to availability)

Please speak to the Catering Manager for special dietary requirements and allergen information

Vegetables & Fruit are subject to seasonal variation. Menu is subject to individual school changes.

\*Fruit Based \*\*Wholegrain \*\*\*Oily Fish



Charwell's Lewisham are Sugar Smart  
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Seafood with this mark comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery

MSC-C-56734

# Lewisham Primary Option 1 Menu

## Spring Summer 2021 - Week 2

26/04 17/05 14/06 05/07

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	The Incredible Burger with Cajun Potato Wedges	Chicken Tikka Masala with Rice **	Roast Beef with Roast Potatoes & Gravy	Beef Lasagne with a Garlic & Herb Bread Wedge **	Golden MSC Fish Fingers and Chips
Alternative Dish	Vege Balls in Tomato Sauce with Pasta **	Quorn Bolognese with Pasta **	Vegetable Pastry Slice with Roast Potatoes Gravy	Vegetable Supreme Pizza ** with Cajun Potato Wedges	Quorn Dippers and Chips
Schools Choice	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****
Vegetables	Peas Sweetcorn	Broccoli Carrots	Cabbage Peas	Sweetcorn Broccoli	Peas Baked Beans
Salad	Celery & Apple, Tomato, Cucumber, Lettuce, Carrot	Potato Salad, Tomato, Cucumber, Lettuce, Sweetcorn	Pasta Salad, Tomato, Cucumber, Lettuce, Peppers	Beetroot Salad, Tomato, Cucumber, Lettuce, Carrot	Coleslaw, Tomato, Cucumber, Lettuce, Sweetcorn
Desserts	Mango Frozen Yoghurt with Fruit Slices	Apple Cake* with Fruit Slices	Fruit and Yoghurt Bar	Berry and Peach Crumble * and Custard	Cheese & Biscuits with Grapes & Apples
	Yoghurt & Fresh Fruit Slices*	Yoghurt & Fresh Fruit Salad*		Yoghurt & Fresh Fruit Salad*	Yoghurt & Fresh Fruit Slices*

Cool Milk or Water & Freshly Baked Bread available daily

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MSC-C-81734

# Lewisham Primary Option 1 Menu

## Spring Summer 2021 - Week 3

03/05 24/05 21/06 12/07

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat	Mild Chickpea and Potato Curry with Rice **	Chicken Burger with Cajun Potato Wedges	Roast Turkey with Roast Potatoes & Gravy	Beef Bolognese with Pasta **	Golden MSC Fish Fingers and Chips
Vegetarian	Vegetarian Sausages Mashed Potatoes with Gravy	Baked Macaroni Cheese	Country Vegetable Pie Roast Potatoes with Gravy	Vegetable Supreme Pizza ** with Cajun Potato Wedges	Quorn Dippers and Chips
Schools Choice	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****
Vegetables	Carrots Broccoli	Sweetcorn Peas	Carrots Cabbage	Sweetcorn Broccoli	Baked Beans Peas
Fruit	Celery & Apple, Tomato, Cucumber, Lettuce, Carrot	Potato Salad, Tomato, Cucumber, Lettuce, Sweetcorn	Pasta Salad, Tomato, Cucumber, Lettuce, Peppers	Beetroot Salad, Tomato, Cucumber, Lettuce, Carrot	Coleslaw, Tomato, Cucumber, Lettuce, Sweetcorn
Dessert	Raspberry Ripple Ice Cream with Fruit Slices	Banana and Cinnamon Cake* with Fruit Slices	Fruit and Yoghurt Bar	Chocolate Slice* with Fruit Slices	Cheese & Biscuits with Grapes & Apples
	Yoghurt & Fresh Fruit Slices*	Yoghurt & Fresh Fruit Salad*		Yoghurt & Fresh Fruit Salad*	Yoghurt & Fresh Fruit Slices*

Cool Milk or Water & Freshly Baked Bread available daily

\*\*\*\*Schools Choice: Filled Jacket Potato, Extra Pasta Dish, Sandwich/Baguette (Subject to availability)  
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