

ELIZABETH WOODVILLE SCHOOL

WEEKLY LUNCH MENU 1 – 2017/18

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dishes Option 1	SPAGHETTI BOLOGNAISE	BBQ CHICKEN WITH NOODLES	ROAST CHICKEN WITH SAGE & ONION STUFFING	TOAD IN THE HOLE	OVEN BREADED FISH
Vegetarian Option	QUORN BOLOGNAISE	ORIENTAL STIR FRY NOODLES	TOMATO & BASIL PASTA BAKE	MACARONI CHEESE	PLAIN OMELETTE
	CHOICE OF 2 PASTA SAUCES	CHOICE OF 2 PASTA SAUCES	CHOICE OF 2 PASTA SAUCES	CHOICE OF 2 PASTA SAUCES	CHOICE OF 2 PASTA SAUCES
Starchy Dishes	GARLIC BREAD	HERBY DICED POTATOES	ROAST POTATOES	CREAMED POTATOES	OVEN BAKED CHIPS
<i>Wholemeal, multigrain or granary bread or roll to be provided in addition to the main meal</i>					
Vegetables	SWEETCORN MIXED SALAD	PEAS MIXED SALAD	CABBAGE MIXED SALAD	BROCCOLI MIXED SALAD	MUSHY PEAS MIXED SALAD
Jacket Potatoes	<i>Choice of tuna with or without low fat mayonnaise, baked beans or cheddar cheese</i>				
Deli Counter	<i>Choice of sandwiches, baguettes, tortilla wraps</i>				
Salad Cart	<i>Daily selection of fresh salads either as an alternative to the vegetable selection or as a main course with a selection from the deli counter</i>				
Fruit & Desserts	<i>Daily selection of fresh fruit and low fat yoghurts</i>				
	FRUIT JELLY FRESH FRUIT POTS	APPLE CRUMBLE & CUSTARD FRUIT POTS	ANGEL DELIGHT FRESH FRUIT POTS	HOT BROWNIE SERVED WITH ICE CREAM FRESH FRUIT POTS	FRESH FRUIT SALAD FRESH FRUIT POTS
Drinks	<i>Choice of semi skimmed milk, flavoured milks, fruit smoothies and water</i>				

ELIZABETH WOODVILLE SCHOOL

WEEKLY LUNCH MENU 2 – 2017/18

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dishes Option 1	MEATBALLS IN A TOMATO SAUCE WITH SPAGHETTI	CHICKEN KORMA WITH RICE	HONEY ROAST GAMMON WITH YORKSHIRE PUDDING	LASAGNE	JUMBO FISH FINGERS
Vegetarian Option 2	CREAMY VEGETABLE KIEV	VEGETABLE BALTI WITH RICE	SALMON & DILL PASTA BAKE	1/4IB VEGETABLE BURGER	MARGHERITA PIZZA
Pasta Bar	CHOICE OF 2 PASTA SAUCES	CHOICE OF 2 PASTA SAUCES	CHOICE OF 2 PASTA SAUCES	CHOICE OF 2 PASTA SAUCES	CHOICE OF 2 PASTA SAUCES
Starchy Dishes	GARLIC BREAD	NAAN BREAD	ROAST POTATOES	SAUTE POTATOES	OVEN BAKED CHIPS
<i>Wholemeal, multigrain or granary bread or roll to be provided in addition to the main meal</i>					
Vegetables	PEAS MIXED SALAD	SWEETCORN MIXED SALAD	BROCOLLI MIXED SALAD	PEAS MIXED SALAD	BAKED BEANS MIXED SALAD
Jacket Potatoes	<i>Choice of tuna with or without low fat mayonnaise, baked beans or cheddar cheese</i>				
Deli Counter	<i>Choice of sandwiches, baguettes, tortilla wraps</i>				
Salad Cart	<i>Daily selection of fresh salads either as an alternative to the vegetable selection or as a main course with a selection from the deli counter</i>				
Fruit & Desserts	<i>Daily selection of fresh fruit and low fat yoghurts</i>				
	FRUIT JELLY FRUIT POTS	CHOCOLATE PUDDING AND CHOCOLATE SAUCE FRESH FRUIT POTS	FRESH FRUIT SALAD FRESH FRUIT POTS	APPLE PIE & CUSTARD FRESH FRUIT POTS	ANGEL DELIGHT FRESH FRUIT POTS
Drinks	<i>Choice of semi skimmed milk, flavoured milks, fruit smoothies and water</i>				

ELIZABETH WOODVILLE SCHOOL

WEEKLY LUNCH MENU 3 – 2017/18

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dishes Option 1	TORTILLAS WITH CHILLI CON CARNE	SWEET CHILLI CHICKEN WRAP	ROAST BEEF AND YORKSHIRE PUDDING	COTTAGE PIE	SOUTHERN BREADED CHICKEN
Vegetarian Option 2	TORTILLAS WITH QUORN CHILLI	SPINACH & RICOTTA TORTELLINI	QUORN TOAD IN THE HOLE	CHEESE & ONION PASTY	VEGETARIAN QUICHE
Pasta Bar	CHOICE OF 2 PASTA SAUCES	CHOICE OF 2 PASTA SAUCES	CHOICE OF 2 PASTA SAUCES	CHOICE OF 2 PASTA SAUCES	CHOICE OF 2 PASTA SAUCES
Starchy Dishes	GARLIC BREAD	SAUTE POTATOES	ROAST POTATOES	NEW POTATOES	OVEN BAKED CHIPS
<i>Wholemeal, multigrain or granary bread or roll to be provided in addition to the main meal</i>					
Vegetables	SWEETCORN MIXED SALAD	PEAS MIXED SALAD	CABBAGE MIXED SALAD	MIXED VEGETABLES MIXED SALAD	BAKED BEANS MIXED SALAD
Jacket Potatoes	<i>Choice of tuna with or without low fat mayonnaise, baked beans or cheddar cheese</i>				
Deli Counter	<i>Choice of sandwiches, baguettes, tortilla wraps</i>				
Salad Cart	<i>Daily selection of fresh salads either as an alternative to the vegetable selection or as a main course with a selection from the deli counter</i>				
Fruit & Desserts	<i>Daily selection of fresh fruit and low fat yoghurts</i>				
	FRUIT JELLY FRESH FRUIT POTS	BANANA FRITTERS & ICE CREAM FRESH FRUIT POTS	ANGEL DELIGHT FRESH FRUIT POTS	SYRUP SPONGE & CUSTARD FRESH FRUIT POTS	FRESH FRUIT SALAD FRESH FRUIT POTS
Drinks	<i>Choice of semi skimmed milk, flavoured milks, fruit smoothies and water</i>				