






# Bishop Lonsdale Primary School

Autumn 2017 Menu - Week 1






Dates	Choice	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Week beginning</b></p> <p>07.09.17 25.09.17 16.10.17 13.11.17 04.12.17</p> 	<p><b>Main Course</b></p> 	Sausage Rolls	Meatballs in a Tomato Sauce	Roast Chicken and Gravy	Beef Chilli Boats	Battered Fish
	<p><b>Vegetarian Course</b></p> 	Cheese and Onion Pasties	Veggie Burgers and Jacket Potato Wedges	Quorn Fillet and Gravy	Quorn and Pea Curry	Quorn Sausage
	<p><b>Potato / Pasta / Rice</b></p>	Diced Potatoes	Tri Colour Pasta Twists	Roasted and Mashed Potatoes	Rice	Chips
	<p><b>Extra Option</b></p>	Jacket Potatoes with Tuna, Sweetcorn and Peppers	Cheese and Onion Quiche	Jacket Potatoes with Cheese and Peppers and Carrot	Egg and Salad Sandwiches	Panini Tuna, Sweetcorn and Peppers
	<p><b>Vegetables</b></p> 	Homemade Coleslaw and Sweetcorn	Peas and Cauliflower	Broccoli and Carrots	Sweetcorn Cauliflower	Mixed Vegetables Spaghetti Hoops
	<p><b>Dessert</b></p> 	A Rainbow of Fresh Fruit	Strawberry Mousse	School Standard Doughnuts	Iced Carrot Cake	Pineapple Upside Down Cake and Custard
<p><b>AVAILABLE EVERYDAY</b>    Brown Bread    Assorted Yoghurts    Assorted Fresh Fruit    Salad Bar    Milk    Water</p>						
<p><b>After School Club</b></p>		Pizza and Fresh Salad	Chicken Burger and Jacket Wedges	Wraps with Ham Cheese and Salad	Jacket Potatoes Tuna and Salad	Scrambled Egg Toast and Baked Beans

Menu is subject to change

Every effort is made to provide the correct balance of choices but we cannot guarantee that all choices will be available at the end of service.

## Bishop Lonsdale Primary School

Autumn 2017 Menu - Week 2






Dates	Choice	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week beginning</b> 11.09.17 02.10.17 30.10.17 20.11.17 11.12.17 	<b>Main Course</b> 	Southern Style Wraps with Mayonnaise / Ketchup	Chicken Burgers	Gammon and Parsley Sauce	Chicken Curry and Naan Bread	Salmon Fish Fingers
	<b>Vegetarian Course</b> 	Southern Style Wraps	Veggie Burgers	Quorn Fillet and Gravy	Potato and Pea Curry	Mac 'N' Cheese
	<b>Potato / Pasta / Rice</b>	Tortilla Wrap	Burger Bun	Mashed Potato	Mixed Brown and White Rice	Diced Potatoes
	<b>Extra Option</b>	Cheese and Tomato Sandwiches	Tuna, Sweetcorn and Pepper Sandwiches	Jacket Potato Skins with Cheese and Sweet Potato Mix	Cheese and Tomato Quiche	Tuna, Sweetcorn and Pepper Sandwiches
	<b>Vegetables</b> 	Salad and Vegetable Sticks	Homemade Coleslaw, Peas and Sweetcorn	Broccoli and Carrots	Cauliflower and Peas	Baked Beans Sweetcorn
	<b>Dessert</b> 	Summer Fruit Flapjack	Iced and Spiced Cake	Cheese, Crackers and Grapes	Fresh Fruit Salad and Yoghurts	Raspberry Mousse Layer Cake
<b>AVAILABLE EVERYDAY</b> Brown Bread    Assorted Yoghurts    Assorted Fresh Fruit    Salad Bar    Milk    Water						
<b>After School Club</b>		Jacket Potatoes Tuna / Cheese and Salad	Tomato Pasta and Garlic Bread	Soup and Crusty Cob with Butter	Selection of Sandwiches	Omelette and Baked Beans

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# Bishop Lonsdale Primary School

Autumn 2017 Menu - Week 3

Dates	Choice	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Week beginning</b></p> <p>18.09.17 09.10.17 06.11.17 27.11.17 18.12.17</p> 	<p><b>Main Course</b></p> 	Loaded Vegetable Pizza	Sausages	Roast Beef and Yorkshire Pudding with Gravy	Lamb Spaghetti Bolognese and Garlic Bread	Mixed Fish Goujons and Tartar Sauce
	<p><b>Vegetarian Course</b></p> 	Loaded Vegetable Pizza	Quorn Sausages	Quorn Fillet and Gravy	Italian Grill and Cheese Panini with Jacket Wedges	Vegetable Fingers
	<p><b>Potato / Pasta / Rice</b></p>	Healthy Pizza Base with Grated Carrot	Creamed Potato	Sautéed Potatoes	Spaghetti	Oven Chips
	<p><b>Extra Option</b></p>	Jacket Potato Skins with Sweet Potato and Cheese Mix	Tuna, Sweetcorn and Yellow Pepper Sandwiches	Cheese and Tomato Panini	Broccoli Quiche and Jacket Wedges	Carrot and Cheese Sandwiches
	<p><b>Vegetables</b></p> 	Sweetcorn and Peas and Vegetable Sticks	Broccoli and Baked Beans	Cauliflower and Carrots	Mixed Vegetables	Peas and Carrots
	<p><b>Dessert</b></p> 	A selection of Frozen Yoghurts	Raspberry Coconut Shortbread	Iced Chocolate Cake	Pear Rice Pudding	Milk Jelly and Berries
<p><b>AVAILABLE EVERYDAY</b>    Brown Bread    Assorted Yoghurts    Fresh Fruit    Salad Bar    Milk    Water</p>						
<p><b>After School Club</b></p>		Fish Fingers, Beans and Waffles	Jacket Potatoes Tuna / Cheese and Salad	Sausage Rolls / Veggie Sausage Rolls and Salad	Veggie Burger and Jacket Wedges	Selection of Sandwiches

Menu is subject to change

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