

Lewisham Primary Autumn/Winter 2021 Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Veggie Sausages <i>with Mashed Potato and Gravy (V)</i>	Allegra's Garlicky Chicken & Spanish Spuds	Roast Beef <i>with Roast Potatoes and Gravy</i>	Quorn Hotdog <i>with Jacket Wedges (V)</i>	Golden MSC Fish Fingers <i>and Chips</i>
					BBQ Chicken Wrap <i>with Chips</i>
Alternative Dish	Caribbean Style Coconut Curry <i>with Rice (V)</i>	Allegra's Cheesy Peasy Risotto Bake (V)	Butternut Squash & Potato Pastry Slice (Ve) <i>with Roast Potatoes & Gravy</i>	Vegetable Lasagne <i>with Garlic & Herb Bread Wedge ** (V)</i>	Veggie Soft Taco <i>with Rice (Ve)</i>
School's Choice	<i>Choice of Jacket Filled Potatoes, Tomato Pasta** (V), or Packed Lunch</i>				
Vegetables	Peas Carrots	Sweetcorn Broccoli	Carrots Cabbage	Sweetcorn Green Beans	Baked Beans Peas
Salad	'Salad of the Day', Tomato, Cucumber, Lettuce, Carrot	'Salad of the Day', Tomato, Cucumber, Lettuce, Sweetcorn	'Salad of the Day', Tomato, Cucumber, Lettuce, Peppers	'Salad of the Day', Tomato, Cucumber, Lettuce, Carrot	'Salad of the Day', Tomato, Cucumber, Lettuce, Sweetcorn
Desserts	Apple & Berry Oaty Crumble* <i>with Custard</i>	Banana Cake * <i>with Fruit Slices</i>	Cheese and Biscuits <i>with Grapes & Apple Slices</i>	Orange Shortbread <i>with Fruit Slices</i>	Chocolate Slice * <i>with Orange Wedges</i>
	Yoghurt & Fresh Fruit Slices*	Yoghurt & Fresh Fruit Salad*	Yoghurt & Fresh Fruit Bowl*	Yoghurt & Fresh Fruit Salad*	Yoghurt & Fresh Fruit Slices*
Cool Water, Milk, Fresh Fruit, Freshly Baked Bread available daily *Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian (Ve) Vegan					



Chartwells Lewisham are Sugar Smart
find out more, visit our website:
www.lewishamschoolmeals.co.uk



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

Lewisham Primary Autumn/Winter 2021 Menu Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Veggie Bolognese with Pasta ** (Ve)	Allegra's Chicken Katsu with Rice	Roast Turkey with Roast Potatoes and Gravy	Veggie Balls in Tomato Sauce with Spaghetti (V)	Golden MSC Fish Fingers and Chips Beef Bolognese Jacket Potato
Alternative Dish	Mild Potato & Chickpea Curry with Rice (Ve)	Allegra's Ooodles of Noodles (V)	Creamy Vegetable Pie with Roast Potatoes & Gravy (V)	Vegetable Supreme Pizza with Dough Balls (V)	BBQ Veggie Burger and Chips (V)
School's Choice	Choice of Jacket Filled Potatoes, Tomato Pasta** (V), or Packed Lunch				
Vegetables	Peas Carrots	Broccoli Sweetcorn	Cabbage Carrots	Sweetcorn Green Beans	Baked Beans Peas
Salad	'Salad of the Day', Tomato, Cucumber, Lettuce, Carrot	'Salad of the Day', Tomato, Cucumber, Lettuce, Sweetcorn	'Salad of the Day', Tomato, Cucumber, Lettuce, Peppers	'Salad of the Day', Tomato, Cucumber, Lettuce, Carrot	'Salad of the Day', Tomato, Cucumber, Lettuce, Sweetcorn
Desserts	Pineapple Upside Down Cake * with Ice Cream	Peach Shortbread Pudding * with Custard	Cheese and Biscuits with Grapes & Apple Slices	Frozen Yoghurt and Fruit Bar	Apple & Carrot Yoghurt Muffin * with Fruit Slices
	Yoghurt & Fresh Fruit Slices*	Yoghurt & Fresh Fruit Salad*	Yoghurt & Fresh Fruit Bowl*	Hummus and Crudités	Yoghurt & Fresh Fruit Slices*
Cool Water, Milk, Fresh Fruit, Freshly Baked Bread available daily *Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian (Ve) Vegan					



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Lewisham Primary Autumn/Winter 2021 Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Quorn Nuggets <i>with Jacket Wedges (V) & Tomato Sauce</i>	Allegra's Chicken Filo Pie <i>with Mashed Potato</i>	Roast Chicken <i>with Roast Potatoes & Gravy</i>	Cheese and Tomato Pizza <i>with Dough Balls (V)</i>	Golden MSC Fish Fingers <i>and Chips</i>
					Beef Burger <i>and Chips</i>
Alternative Dish	Jerk Veggie Burrito ** (Ve)	BBQ Beans <i>with Allegra's Cornbread (V)</i>	Sweet Potato and Chickpea Roast <i>with Roast Potatoes & Gravy (Ve)</i>	Vegetable Korma <i>with Rice (Ve)</i>	Baked Macaroni Cheese (V)
		Jacket Potato with Salmon Mayonnaise ***			
School's Choice	Choice of Filled Jacket Potatoes, Tomato Pasta** (V), or Packed Lunch				
Vegetables	Green Beans Sweetcorn	Broccoli Carrots	Peas Cabbage	Broccoli Sweetcorn	Peas Baked Beans
Salad	'Salad of the Day', Tomato, Cucumber, Lettuce, Carrot	'Salad of the Day', Tomato, Cucumber, Lettuce, Sweetcorn	'Salad of the Day', Tomato, Cucumber, Lettuce, Peppers	'Salad of the Day', Tomato, Cucumber, Lettuce, Carrot	'Salad of the Day', Tomato, Cucumber, Lettuce, Sweetcorn
Desserts	Chocolate Slice * <i>with Fruit Slices</i>	Banana and Oat Bite* <i>with Fruit Slices</i>	Cheese and Biscuits <i>with Grapes & Apple Slices</i>	Summer Berry & Peach Oaty Crumble* <i>with Custard</i>	Chocolate Shortbread <i>with Fruit Slices</i>
	Yoghurt & Fresh Fruit Slices*	Yoghurt & Fresh Fruit Salad*	Yoghurt & Fresh Fruit Bowl*	Yoghurt & Fresh Fruit Salad*	Yoghurt & Fresh Fruit Slices*
Cool Water, Milk, Fresh Fruit, Freshly Baked Bread available daily *Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian (Ve) Vegan					



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