

Ashburnham Primary School – Lunch menu
A Feast of Seasonal Food for Winter 2018/19

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/ Fish Main Course	Spaghetti with Tomato Sauce	A Feast of Lasagnes	Lamb Sausage	A Feast of Pizzas	Fish Fingers
Vegetarian Main Course	Aubergine and Cannellini Beans		Vegetable Sausages	Mushroom Risotto	Beans and Chick-Pea Curry
Carbohydrates	Pasta	Rice/Pasta	Mashed Potatoes	Rice	Chips
Vegetables/Salad	Sweetcorn Salads with dressing	Peas Salads with dressing	Broccoli Salads with dressing	Mixed Vegetables Salads with dressing	Baked Beans Salads with dressing
Dessert	Sugar Free Yoghurt With Honey	Chocolate Cookies	Fruit Salad	Banoffee Pie and Cream	Cheese and Crackers

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/ Fish Main Course	Spaghetti with Veggie Mince Bolognese	Shepherd's Pie with Gravy	Roast Chicken	South America Bean and Rice Stew	Baked Salmon
Vegetarian Main Course	Roast Vegetables		Veggie Sausage	Vegetable Rice	Roast Vegetable
Carbohydrates	Croutons	Mashed Potatoes	Roast Potatoes	Broccoli	Rice Salad
Vegetables/Salad	Carrots Salads with dressing	Buttered Cabbage Salads with dressing	Carrots Salads with dressing	Salads with dressing	Sweet Corn Salads with dressing
Dessert	Yogurts	Fruit Salad	Banoffee Pie with Cream	Chocolate Cookie	Apple Crumble and Custard

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/ Fish Main Course	Pasta with Tomato Sauce	A Feast of Curries	Chicken Stew	Sausage with Mexican Potatoes	Fish Fingers
Vegetarian Main Course	Quorn with Stir-Fried Vegetables	Okra and Bean Curry Lentil	Spinach and Mushroom Stew	Roast Winter Vegetables	Veggie Burger
Carbohydrates	Garlic Bread	Rice	Mashed Potatoes	Potatoes	Chips
Vegetables/Salad	Sweet Corn Salads with dressing	Salads with dressing	Steamed Carrots Salads with dressing	Broccoli Salads with dressing	Baked Beans Salads with dressing
Dessert	Creamy Rice Pudding	Sugar free yoghurt with honey	Banoffee Pie with Cream	Chocolate Cookie	Apple Crumble and Custard

We always use halal meat in our meals. We are also a nut & pork free kitchen. We serve two sugar free desserts.