

Southwark Primary Menu 2020 - 21

Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Mild Chickpea and Potato Curry with Rice **	Chicken Burger with Cajun Potato Wedges	Roast Turkey with Roast Potatoes and Gravy	Beef Bolognese with Pasta **	Golden Fish Fingers and Chips
Alternative Dish	Veggie Sausages and Mash with Gravy	Baked Macaroni Cheese	Country Vegetable Pie with Roast Potatoes and Gravy (pastry)	Vegetable Supreme Pizza ** With Cajun Potato Wedges	Quorn Dippers and Chips
Vegetables	Sweetcorn Broccoli	Peas Carrots	Carrots Cabbage	Sweetcorn Broccoli	Baked Beans Peas
Salad Bar	'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	Banana and Cinnamon Cake* with Fruit Slices	Yoghurt & Fresh Fruit Salad*	Yoghurt & Fresh Fruit Salad*	Yoghurt & Fresh Fruit Salad*	Cheese & Biscuits with Grapes & Apples
	Yoghurt & Fresh Fruit Slices*				Yoghurt & Fresh Fruit Slices*
Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily					
*Fruit Based **Wholegrain ***Oily Fish					

