



# ASHWOOD PARK PRIMARY SCHOOL LUNCH MENU

SEPTEMBER 2019 TO APRIL 2020

## WEEK 1

2 SEPTEMBER, 23 SEPTEMBER, 14 OCTOBER,  
11 NOVEMBER, 2 DECEMBER, 6 JANUARY,  
27 JANUARY, 24 FEBRUARY, 16 MARCH

MONDAY

Toad in the Hole  
Salmon Bites  
v - Quorn Sausage in Onion Gravy  
*Mashed Potato, Peas & Baked Beans*  
Fruity Flapjack & Custard

TUESDAY

Chicken Tikka Curry  
v - Macaroni Cheese  
Fish of the Day  
*Best of Both Rice, Sweetcorn*  
Jam Rounds

WEDNESDAY

Roast Chicken & Seasoning  
v - Quorn Chicken Pitta / Pizza Pocket  
Fish of the Day  
*Roast & Baby Potatoes*  
*Carrots & Cabbage*  
Apple Crumble & Custard

THURSDAY

Spaghetti Bolognese & Garlic Bread  
v - Vegetable & Lentil Spaghetti  
& Garlic Bread  
Fish of the Day  
*Waffle Fries, Broccoli & Coleslaw*  
Lemon Drizzle Cake & Custard

FRIDAY

Margherita Pizza  
v - Cheese Plait  
Breaded Fish Fillet  
*Chipped Potatoes,*  
*Baked Beans & Sweetcorn*  
Banana Muffin & Glass of Milk

## WEEK 2

9 SEPTEMBER, 30 SEPTEMBER, 21 OCTOBER,  
18 NOVEMBER, 9 DECEMBER, 13 JANUARY,  
3 FEBRUARY, 2 MARCH, 23 MARCH

Beef Grill  
v - Cheese Pinwheel  
Fish of the Day  
*Fat Free Wedges*  
*Sweetcorn & Spaghetti Hoops*  
Fruit Cheesecake

Cottage Pie/Crispy Chicken Bites  
v - Quorn Cottage Pie  
Fish of the Day  
*Sauté Potatoes,*  
*Country Mixed Vegetables*  
Pineapple Upside down Cake & Custard

Roast Gammon & Pineapple  
v - Vegetable & Lentil Korma  
Fish of the Day  
*Boiled Rice, Mashed Potato Carrots &*  
*Peas*  
Rice Pudding with Pears & Raisins

Chicken Flatbread  
v - Vegetable & Quorn Pie  
Fish of the Day  
*Waffle Fries, Green Beans & Sweetcorn*  
Chocolate Crunch & Mint Custard

Pepperoni Pizza  
v - Vegetarian Pizza  
Fish of the Day  
*Chipped Potatoes, Peas & Baked Beans*  
Strawberry Mousse

## WEEK 3

16 SEPTEMBER, 7 OCTOBER, 4 NOVEMBER,  
25 NOVEMBER, 16 DECEMBER, 20 JANUARY,  
10 FEBRUARY, 9 MARCH, 30 MARCH

Chicken Katsu Curry  
v - Quorn Katsu Curry  
Fish of The day  
*Boiled Rice, Diced Potato, Peas, Carrots*  
Eton Mess

All Day Breakfast / v - Veggie Breakfast  
v - Veggie Balls in Tomato Wrap  
Fish of The day  
*Hash Browns, Baked Beans, Sweetcorn*  
Chocolate Sponge with Beetroot &  
Chocolate Sauce

Roast Beef & Yorkshire Pudding  
v - Cheese Savoury  
Fish of the day  
*Roast & Boiled Potatoes*  
*Broccoli, Mixed Vegetable*  
Apple & Blackcurrant Crumble  
& Custard

Chicken Wrap  
v - Quorn Sausage Cowboy Hotpot  
Fish of the Day  
*Wedges, Sweetcorn, Rainbow Slaw*  
Sticky Toffee Pudding & Custard

Pepperoni Pizza  
v - Vegetarian pizza  
Fish of the Day  
*Chipped Potatoes, Baked Beans,*  
*Peas & Sweetcorn mix*  
Oaty Cookie

## DELI OPTIONS

(ALWAYS AVAILABLE)

Jacket Potato Served with a variety of fillings  
Help yourself salad cart, freshly made bread,  
Grab bag sandwich meal

## DAILY DESSERTS

(ALWAYS AVAILABLE)

Chef's handmade dessert (see board for details)

Selection of fresh fruit, Yoghurt, Cheese & Biscuits, Jelly, Orange Squash (new)

