



LAPAL 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)

