

LEWISHAM Food For Life Menu

WEEK 1 Autumn/Winter 2018/19

Week Starting: 29/10 19/11 10/12 14/01 11/02 11/03 01/04



	Monday Global Adventure	Tuesday Family Favourites	Wednesday Traditional	Thursday Global Adventure	Friday Fun Day
Hot Main Dish	Mozzarella & Tomato Pizza <i>with Homemade Potato Wedges (no oil) Peas & Sweetcorn</i>	Chicken Tikka <i>with Rice, Green Beans & Carrots</i>	Roast Turkey or Beef <i>with Roast Potatoes, Seasonal Cabbage, Mixed Vegetables & Gravy</i>	Beef Macaroni Bake <i>with Garlic & Herb Bread Wedge** Carrots & Broccoli</i>	MSC Pollock Battered Fish Fillet <i>or Turkey Burger with Chips, Baked Beans & Sweetcorn</i>
Alternative Dish	Potato and Chickpea Curry <i>with Rice, Peas & Sweetcorn</i>	Creamy Broccoli & Sweetcorn Pasta Bake** <i>with Green Beans & Carrots</i>	Sweet Potato and Chickpea Roast <i>with Roast Potatoes, Seasonal Cabbage, Mixed Vegetables & Gravy</i>	Seasonal Vegetable & Cheese Crumble <i>with New Potatoes, Carrots & Broccoli</i>	Crispy Quorn Dippers <i>with Chips, Baked Beans & Sweetcorn</i>
Deli Bar	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>
Salad Bar	<i>Coleslaw, Carrot Sticks, Cucumber, Tomato, Lettuce</i>	<i>Potato Salad, Pepper Sticks, Cucumber, Tomato, Lettuce</i>	<i>Pasta Salad, Sweetcorn, Cucumber, Tomato, Lettuce</i>	<i>Bean Salad, Grated Carrot, Cucumber, Tomato, Lettuce</i>	<i>Apple Slaw, Beetroot, Cucumber, Tomato, Lettuce</i>
Desserts	Pear Crumble* <i>with Custard</i>	Apple Flapjack <i>with Fresh Fruit Slices*</i>	Creamy Rice Pudding <i>with Berry Compote</i>	Chocolate Brownie Cake <i>with Custard</i>	Lemon Shortbread <i>with Fruit Slices</i>
	Yoghurt & Fresh Fruit Slices*	Yoghurt & Fresh Fruit Bowl*	Yoghurt & Fresh Fruit Slices*	Yoghurt & Fresh Fruit Salad*	Yoghurt & Fresh Fruit Bowl*

Offered Daily: Fresh Bread, 5 Choice Salad Bar, Fresh Fruit, Yoghurt, Organic Milk & Water
 ****Deli Bar/Schools Choice: Filled Jacket Potato, Extra Pasta Dish, Sandwich/Baguette (Subject to availability)
 Please speak to the Catering Manager for special dietary requirements and allergen information
 Vegetables & Fruit are subject to seasonal variation. Menu is subject to individual school changes.
 *50%Fruit Based **Wholegrain ***Oily Fish



SUGAR SMART
LEWISHAM

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 Food For Life Menu

WEEK 2 Autumn/Winter 2018/19

Week Starting: 05/11 26/11 17/02 21/01 25/02 18/03



	Monday Global Adventure	Tuesday Family Favourites	Wednesday Traditional	Thursday Global Adventure	Friday Fun Day
Hot Main Dish	Macaroni Cheese <i>with Broccoli & Sweetcorn</i>	Beef Chilli <i>with Rice, Carrots & Peas</i>	Roast Chicken <i>with Roast Potatoes, Parsnips, Mixed Vegetables & Gravy</i>	Beef Lasagne <i>with Garlic & Herb Bread Wedge**, Green Beans & Cauliflower</i>	MSC Cod Fish Fingers or Beef Burger <i>with Chips, Sweetcorn & Baked Beans</i>
Alternative Dish	Vegetable Biryani <i>with Broccoli & Sweetcorn</i>	Vegetarian Sausages <i>with Gravy, Cheesy Mash, Carrots & Peas</i>	Cauliflower and Broccoli Bake <i>with Roast Potatoes, Parsnips, Mixed Vegetables & Gravy</i>	Vegetarian Tagine <i>with Rice, Green Beans & Cauliflower</i>	Crispy Vegetable Bites <i>with Chips, Sweetcorn & Baked Beans</i>
Deli Bar	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>
Salad Bar	<i>Coleslaw, Carrot Sticks, Cucumber, Tomato, Lettuce</i>	<i>Potato Salad, Pepper Sticks, Cucumber, Tomato, Lettuce</i>	<i>Pasta Salad, Sweetcorn, Cucumber, Tomato, Lettuce</i>	<i>Bean Salad, Grated Carrot, Cucumber, Tomato, Lettuce</i>	<i>Apple Slaw, Beetroot, Cucumber, Tomato, Lettuce</i>
Desserts	Pineapple & Carrot Traybake <i>with Fruit Slices*</i> Yoghurt & Fresh Fruit Bowl*	St Clements Sponge Cake <i>with Custard</i> Yoghurt & Fresh Fruit Salad*	Shortbread Finger <i>with Fruit Slices</i> Yoghurt & Fresh Fruit Bowl*	Apple and Berry Crumble* <i>with Custard</i> Yoghurt & Fresh Fruit Slices*	Chocolate Oaty Cookie <i>with Fruit Slices*</i> Yoghurt & Fresh Fruit Salad*

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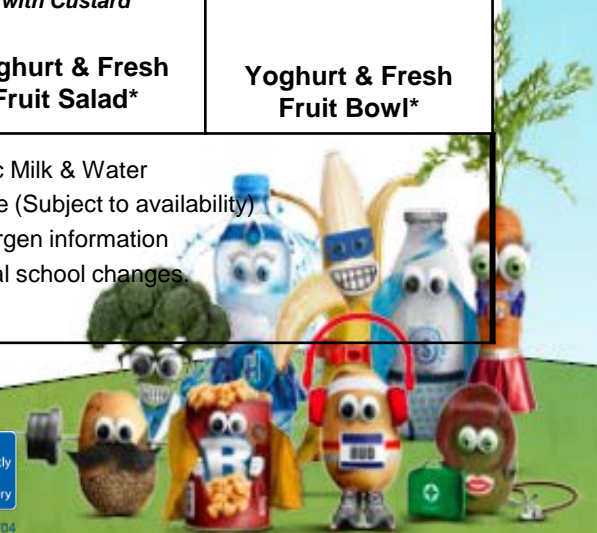
WEEK 3 Autumn/Winter 2018/19

Week Starting: 12/11 03/12 07/01 04/02 04/03 25/03



	Monday Global Adventure	Tuesday Family Favourites	Wednesday Traditional	Thursday Global Adventure	Friday Fun Day
Hot Main Dish	Vegetable Supreme Pizza <i>with Homemade Jacket Wedges (no oil) Sweetcorn & Broccoli</i>	Chicken & Sweetcorn Pie <i>with New Potatoes, Carrots & Green Beans</i>	Roast Turkey <i>with Roast Potatoes, Seasonal Cabbage, Mixed Vegetables & Gravy</i>	Beef Meatballs in Tomato Sauce <i>with Pasta**, Broccoli & Peas</i>	MSC Salmon Fishfinger or Fishcake*** <i>with Tomato Relish, Chips, Sweetcorn & Baked Beans</i>
Alternative Dish	Vegetable Lasagne <i>with Sweetcorn & Broccoli</i>	Chinese Vegetable Noodles <i>with Carrots & Green Beans</i>	Quorn Roast <i>with Roast Potatoes, Seasonal Cabbage, Mixed Vegetables & Gravy</i>	Vegetable Korma <i>with Rice, Broccoli & Peas</i>	Quorn Meatball Sub <i>with Chips, Sweetcorn & Baked Beans</i>
Deli Bar	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>
Salad Bar	<i>Coleslaw, Carrot Sticks, Cucumber, Tomato, Lettuce</i>	<i>Potato Salad, Pepper Sticks, Cucumber, Tomato, Lettuce</i>	<i>Pasta Salad, Sweetcorn, Cucumber, Tomato, Lettuce</i>	<i>Bean Salad, Grated Carrot, Cucumber, Tomato, Lettuce</i>	<i>Apple Slaw, Beetroot, Cucumber, Tomato, Lettuce</i>
Desserts	Strawberry Ice Cream <i>with Fresh Fruit Slices</i> Yoghurt & Fresh Fruit Bowl*	Raspberry Ripple Cake <i>with Custard</i> Yoghurt & Fresh Fruit Slices*	Crunchy Oat Cookie <i>with Fruit Slices*</i> Yoghurt & Fresh Fruit Bowl*	Peach Traybake <i>with Custard</i> Yoghurt & Fresh Fruit Salad*	Ginger Cake <i>with Fresh Fruit*</i> Yoghurt & Fresh Fruit Bowl*

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