



LEWISHAM PRIMARY SCHOOL 3 WEEK MENU SPRING/SUMMER 2023





WEEK 1

W/C: 08/05, 05/06, 26/06, 17/07, 04/09, 25/09, 16/10

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

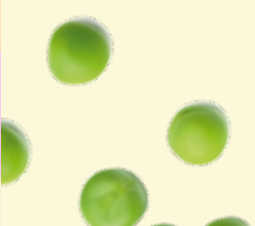
SPRING/SUMMER 2023

MAIN DISH 1	Macaroni Cheese with Carrots & Peas V	Beef Bolognese with Wholemeal Pasta and Garlic & Herb Bread 🌿	Roast Turkey with Roast Potatoes & Gravy ❤️	Sweet Chilli Vegetable Noodles with Broccoli & Sweetcorn V	Breaded Fish Fingers or Jerk Chicken with Chips
MAIN DISH 2	Sweet Potato Curry with Wholegrain Rice V 🌿 VE	West African Vegetable Rice with Sweetcorn & Green Beans V VE	Vegetable Pastry Roll with Roast Potatoes & Gravy V VE	Vegetarian Lasagne with Garlic & Herb Bread V	Crispy Quorn Veggie Dippers with Chips V VE
SCHOOLS CHOICE	Freshly Made Tomato Pasta or Topped Jacket Potato with Cheese, Coleslaw, Beans or Tuna Mayo or Filled Sandwich/Baguette V VE 🌿 ❤️ V VE ❤️ V VE 🌿				
VEGETABLES	Carrots Peas	Sweetcorn Green Beans	Cabbage Carrots	Broccoli Sweetcorn	Baked Beans Peas
SALADS	Pasta Salad, Carrot, Tomato, Cucumber, Lettuce	Noodle Salad, Peppers, Tomato, Cucumber, Lettuce	Cous Cous Salad, Sweetcorn, Tomato, Cucumber, Lettuce	Potato Salad, Carrot, Tomato, Cucumber, Lettuce	Coleslaw, Sweetcorn, Tomato, Cucumber, Lettuce
DESSERT	Organic Yoghurt & Fresh Fruit Slices 🍏 Strawberry Frozen Yoghurt & Fruit Slices	Organic Yoghurt & Fresh Fruit Salad 🍏 Orange Drizzle Cake & Custard	Organic Yoghurt & Fresh Fruit Bowl 🍏 Cheese and Biscuits with Fresh Apple Slices 🍏	Organic Yoghurt & Fresh Fruit Salad 🍏 Lemon Slice with Fresh Fruit 🍏	Organic Yoghurt & Fresh Fruit Slices 🍏 Chocolate Ice Cream & Fruit Slices

WATER, MILK & FRESHLY BAKED BREAD AVAILABLE EVERY DAY

We offer medical diet and allergen support, please speak to your school office .
Vegetables & Fruit are subject to seasonal variation.
Menu is subject to availability and individual school changes.

Vegetarian
 Oily Fish
 Wholegrain
 Fruity!
 Nutritionist's Choice
 VE Vegan





WEEK 2

W/C: 15/05, 12/06, 03/07, 11/09, 02/10

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SPRING/SUMMER 2023

MAIN DISH 1	Cheese and Tomato Pizza with Potato Wedges 🌱 🌾	Beef Lasagne with Garlic & Herb Bread 🌾	Roast Chicken with Roast Potatoes & Gravy	Macaroni Cheese with Broccoli & Carrots 🌱	Breaded Fish Fingers or BBQ Chicken with Chips
MAIN DISH 2	Roasted Vegetable & Butterbean Crumble with Potato Wedges 🌱 🍷	Chinese Vegetable Rice with Green Beans & Carrots 🌱 VE	Sweet Potato & Chickpea Roast with Roast Potatoes & Gravy 🌱 VE	Vegetarian Bolognese with Wholemeal Pasta, Garlic & Herb Bread 🌱 VE 🌾	BBQ Vegetable Burger with Chips 🌱
SCHOOLS CHOICE	Freshly Made Tomato Pasta or Topped Jacket Potato with Cheese, Coleslaw, Beans or Tuna Mayo or Filled Sandwich/Baguette 🌱 VE 🌾 🍷 🌱 VE 🌾 🌱 VE 🌾				
VEGETABLES	Sweetcorn Peas	Green Beans Carrots	Cabbage Sweetcorn	Broccoli Carrots	Baked Beans Peas
SALADS	Pasta Salad, Carrot, Tomato, Cucumber, Lettuce	Noodle Salad, Peppers, Tomato, Cucumber, Lettuce	Cous Cous Salad, Sweetcorn, Tomato, Cucumber, Lettuce	Potato Salad, Carrot, Tomato, Cucumber, Lettuce	Coleslaw, Sweetcorn, Tomato, Cucumber, Lettuce
DESSERT	Organic Yoghurt & Fresh Fruit Slices 🍏 Shortbread & Fruit Slices 🍏	Organic Yoghurt & Fresh Fruit Slices 🍏 Orange Jelly & Fruit Slices 🍏	Organic Yoghurt & Fresh Fruit Bowl 🍏 Chocolate Banana Marble Cake & Fruit Slices	Organic Yoghurt & Fresh Fruit Salad 🍏 Apple & Berry Crumble with Custard 🍏	Organic Yoghurt & Fresh Fruit Slices 🍏 Strawberry Ice Cream & Fruit Slices

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🌱 Vegetarian 🐟 Oily Fish 🌾 Wholegrain
🍏 Fruity! 🍷 Nutritionist's Choice VE Vegan





WEEK 3

W/C: 22/05, 19/06, 10/07, 18/09, 09/10

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SPRING/SUMMER 2023

MAIN DISH 1	Cheese and Tomato Pizza with Potato Wedges V 🌿	West African Chicken Rice with Peas & Sweetcorn ♥	Roast Turkey Picnic Plate with Roast Garlic & Herb New Potatoes	Vegetarian Cottage Pie with Sweetcorn & Broccoli V VE ♥	Breaded Fish Fingers or Jerk Chicken with Chips
MAIN DISH 2	Chinese Vegetable Noodles with Sweetcorn & Green Beans V	Mexican Vegetable Tortilla Pie with Rice, Peas & Sweetcorn V 🌿	Cheesy Ploughman's Plate with Roast Garlic & Herb New Potatoes V	Tomato and Herb Pasta Bake with Wholegrain Pasta V 🌿	Crispy Quorn Veggie Dippers with Chips V VE
SCHOOLS CHOICE	Freshly Made Tomato Pasta or Topped Jacket Potato with Cheese, Coleslaw, Beans or Tuna Mayo or Filled Sandwich/Baguette V VE 🌿 ♥ V VE ♥ V VE 🌿				
VEGETABLES	Sweetcorn Green Beans	Peas Sweetcorn	Coleslaw Cucumber Sticks	Broccoli Sweetcorn	Baked Beans Peas
SALADS	Pasta Salad, Carrot, Tomato, Cucumber, Lettuce	Noodle Salad, Peppers, Tomato, Cucumber, Lettuce	Cous Cous Salad, Sweetcorn, Tomato, Cucumber, Lettuce	Potato Salad, Carrot, Tomato, Cucumber, Lettuce	Coleslaw, Sweetcorn, Tomato, Cucumber, Lettuce
DESSERT	Organic Yoghurt & Fresh Fruit Slices 🍏	Organic Yoghurt & Fresh Fruit Slices 🍏	Organic Yoghurt & Fresh Fruit Bowl 🍏	Organic Yoghurt & Fresh Fruit Salad 🍏	Organic Yoghurt & Fresh Fruit Slices 🍏
	Mango Frozen Yoghurt & Fruit Slices	Berry Flapjack & Fruit Slices 🍏	Chocolate Brownie & Fruit Slices 🍏	Pineapple Upside Down Cake & Custard	Chocolate Milkshake & Shortbread

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