



Northwood Primary School Menu



Week 2 - 20/1/14 & 24/2/14 & 24/3/14

Monday	Tuesday	Wednesday	Thursday	Friday
Mild Mexican Chilli with Rice <i>OR</i> Cheese and Tomato Pizza with ½ Jacket Potato (V)	Roast Turkey with Roast Potatoes and Gravy <i>OR</i> Quorn Roast with Roast Potatoes (V)	Homemade Meatballs in Tomato Sauce with Pasta <i>OR</i> Cheese Whirls (V)	Pot Roast Gammon with Roast Potatoes and Gravy <i>OR</i> Quorn and Vegetable Stir Fry with Rice (V)	Cod Fishcakes with Chips <i>OR</i> Macaroni Cheese (V)
Sweetcorn and Coleslaw	Seasonal Cabbage and Garden Peas	Roasted Vegetables and Fresh Broccoli	Green Beans and Fresh Carrots	Baked Beans and Garden Peas
Vegetable Sticks	Mixed Salad	Vegetable Sticks	Mixed Salad	Chopped Cucumber and Tomato Salad
Fruit Yoghurt Crunch	Sussex Pudding with Custard	Chocolate Crunch with Milk	Rice Pudding with Sultanas	Fruit in Jelly
Bread, Cool Water or Milk and Fresh Fruit available daily. All Bananas are Fair Trade				

If your child would like the vegetarian option, a filled baguette or a jacket potato, please put your order on a yellow 'Northwood Lunch' order form, and place in it in the 'Lunch Request' box in the office.

The filling options for baguettes are: ham, cheese, tuna or egg mayonnaise

The filling options for jacket potatoes are: cheese, tuna or cheese and beans.

All meals cost £2.05 each. Please send money in a NAMED ENVELOPE. Thank you.

