



Northwood Primary School Menu



Week 4 - 10/3/14

Monday	Tuesday	Wednesday	Thursday	Friday
Oven Baked Sausages with Cajun Wedges and Gravy <i>OR</i> Vegetable Chilli with Steamed Rice (V) Fresh Broccoli and Sweetcorn Tomato and Cucumber Salsa Sultana Shortcake with Milk	Roast Beef with Roast Potatoes and Gravy <i>OR</i> Quorn Roast with Roast Potatoes (V) Fresh Carrots and Green Beans Fresh Vegetable Sticks Fruit Flapjack with Custard	Tuna Pasta Bake With ½ Jacket Potato <i>OR</i> Cheese and Tomato Calzone Pizza with ½ Jacket Potato (V) Coleslaw and Sweetcorn Carrot and Sultana Salad Chocolate and Apricot Brownie	Roast Turkey with Roast Potatoes and Gravy <i>OR</i> Sweet Potato and Cheese Parcels (V) Seasonal Cabbage and Fresh Carrots Fresh Vegetable Sticks Cornflake Tart	Fish Fingers with Chips <i>OR</i> Quorn Sausage Pasta Bake (V) Baked Beans and Garden Peas Apple and Celery Salad Iced Buns

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.

