



Northwood Primary School Menu



Week 1 - Weeks beginning – 31/10/16, 21/11/16, 12/12/16, 16/1/17, 6/2/17, 6/3/17 & 27/3/17

Monday	Tuesday	Wednesday	Thursday	Friday
Vegetable Frittata with Herby Garlic Bread Wedge (V) OR Mozarella and Tomato Pizza (V)	Beef Bolognese OR Mediterranean Tart with Cous Cous (V)	Roast Pork with Roast Potatoes and Gravy OR Quorn Roast with Roast Potatoes and Gravy (V)	Chinese Chicken Noodles OR Sweet Potato and Vegetable Balti with Basmati Rice (V)	Fish Fingers with Chips OR Cheesy Leek Sausages with Chips (V)
Sweetcorn and Broccoli	Seasonal Salad	Carrots and Cabbage	Green Beans and Roasted Vegetables	Baked Beans and Peas
Seasonal Salad	Cheese and Biscuits	Seasonal Salad	Seasonal Salad	Seasonal Salad
Yoghurt and Fruit Dippers		Chocolate Cake with Chocolate Sauce	Fruit Flapjack	Banana Bread and Butter Pudding with Custard

Bread, Yoghurt, 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 hand the form into classes.

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 KS2 meals cost £2.15 each. Universal Infant Free School Meals for EYFS and KS1.

Please send money into class in a NAMED ENVELOPE. Thank you.

