



# Northwood Primary School Menu



Week 1 - Weeks beginning – 1<sup>st</sup> Jan, 22<sup>nd</sup> Jan, 19<sup>th</sup> Feb and 12<sup>th</sup> Mar

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday   |
|---|--|---|--|--|
| Chicken Chow Mein<br><i>OR</i><br>Potato and Courgette Layer Bake (V) | Roast Pork with Roast Potatoes and Gravy<br><i>OR</i><br>Cheese and Pepper Whirl, Roast Potatoes and Gravy (V) | Chicken and Red Pepper Pizza with Baked Potato<br><i>OR</i><br>Lentil and Vegetable Curry with Rice (V) | Beef Meatballs in a Tomato Sauce with Rice<br><i>OR</i><br>BBQ Quorn with Rice (V) | Breaded Fish with Chips<br><i>OR</i><br>Glamorgan Sausage with Chips (V) |
| Sweetcorn and Green Beans   | Carrot and Swede   | Roasted Vegetables  | Sweetcorn and Mixed Peppers  | Baked Beans and Garden Peas  |
| Seasonal Salad  | Seasonal Salad   | Seasonal Salad  | Seasonal Salad   | Seasonal Salad   |
| Fruit Yoghurt and Shortbread  | Banana Sponge  | Apple and Mixed Berry Crumble with Custard  | Pineapple Upside Down Cake and Custard   | Pear and Ginger Muffin   |
| Fresh Fruit   | Yoghurt / Fresh Fruit  | Yoghurt / Fresh Fruit   | Yoghurt / Fresh Fruit  | Yoghurt / Fresh Fruit  |

Bread, Cool Water or Milk 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 £1.85 each. Universal Infant Free School Meals for EYFS and KS1.

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

