



Northwood Primary School Menu



15th – 19th July 2013

Monday	Tuesday	Wednesday	Thursday	Friday
Homemade Burger in a Bun with Hint of Cajun Wedges OR Vegetable Chilli with Rice	Roast Pork with Roast Potatoes and Gravy OR Quorn Roast with Roast or Mashed Potatoes and Gravy	Homemade Chicken and Sweetcorn Pie with Mashed Potato OR Cheese and Tomato Pizza with Jacket Wedges	Chicken Wraps with Cous Cous OR Jacket Potato with Cheese	Fish Fingers with Chipped Potatoes OR Pasta Neapolitan with Garlic and Herb Bread
Garden Peas and Sweetcorn	Cabbage and Carrots	Broccoli and Carrots	Peas and Coleslaw	Green Beans and Baked Beans
Coleslaw	Cucumber and Tomato Salad	Mixed Salad	Ice Cream Bar with Toppings	Tomato and Cucumber Salsa
Oaty Fruit Crumble with Custard	Wholemeal Chocolate Crunch	Pear and Cinnamon Pudding with Custard		Citrus Crispie

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 £2.00 each. Please send money in a NAMED ENVELOPE. Thank you.

