



# Northwood Primary School Menu



30<sup>th</sup> September – 4<sup>th</sup> October 2013

Monday	Tuesday	Wednesday	Thursday	Friday
Homemade Cottage Pie <i>OR</i> Cheese and Vegetable Wrap with Cous Cous	Roast Beef with Roast Potatoes and Gravy <i>OR</i> Quorn Roast with Roast Potatoes and Gravy	Tuna and Sweetcorn Pasta <i>OR</i> Cheese and Tomato Pizza with Half Jacket Potato	Chicken Curry with Steamed Rice <i>OR</i> Vegetable Lasagne	Fish Fingers with Chips <i>OR</i> Cheese and Tomato Pasta with Garlic and Herb Bread
Fresh Carrots and Sweetcorn	Fresh Cabbage and Parsnips	Roasted Vegetable and Garden Peas	Garden Peas and Fresh Carrots	Green Beans and Baked Beans
Cucumber and Tomato Salad	Apple, Cucumber and Celery Salad	Vegetable Sticks	Mixed Salad	Light Crunchy Coleslaw
Fruit Yoghurt Crunch	Giant Crunchy Cookie with Milk	Toffee Apple Crumble with Custard	Berry Chill	Marble Cake with Chocolate Sauce

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.

