



Northwood Primary School Menu



Week 3 - Week beginning - 13/10/14

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Burger in a Bun <i>OR</i> Vegetarian Cottage Pie (V) Sweetcorn and Carrots Fresh Vegetable Sticks Orange and Coconut Cheesecake	Barbecue Chicken and Rice <i>OR</i> Cheese and Tomato Pizza with ½ Jacket Potato (V) Light Crunchy Coleslaw Peas Mixed Salad Fruit in Jelly	Roast Pork with Roast Potatoes and Gravy <i>OR</i> Lentil Roast with Roast Potatoes (V) Carrots and Cabbage Apple, Cucumber and Celery Chocolate Marble Sponge with Chocolate Sauce	Beef and Mushroom Pie with New Potatoes <i>OR</i> Italian Cheese and Tomato Risotto (V) Roasted Vegetables Broccoli Cucumber and Tomato Fruit Flapjack with Custard	Battered Fish with Chips <i>OR</i> Penne Pasta Bake (V) Garden Peas and Baked Beans Tomato and Cucumber Salsa Peach and Pineapple Salad with Ice Cream
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.

