



# Northwood Primary School Menu



Week 4 - Week beginning -20/10/14

Monday	Tuesday	Wednesday	Thursday	Friday
Sausages with Cajun Wedges <i>OR</i> Penne Pasta Bake (V)  Peas and Baked Beans  Tomato and Cucumber Salsa  Toffee Apple Crumble with Custard	Italian Bolognese with Pasta <i>OR</i> Vegetable Curry with Basmati Rice (V)  Cabbage and Carrots  Mixed Salad  Jam and Coconut Sponge with Custard	Roast Chicken with Roast Potatoes and Gravy <i>OR</i> Quorn Roast with Roast Potatoes and Gravy (V)  Broccoli and Peas  Fresh Vegetable Sticks  Carrot Cake with Citrus Frosting	Enchiladas (Beef Tortillas) with Couscous <i>OR</i> Cheese and Onion Quiche with New Potatoes (V)  Light Coleslaw  Sweetcorn  Carrot and Sultana Salad  Fruity Yoghurt Crunch	Fish Fingers with Chips <i>OR</i> Vegetarian Tortilla Wraps (V)  Garden Peas and Baked Beans  Apple and Celery Salad  Chocolate Sultana 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 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.

