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| **TRITLINGTON C OF E FIRST SCHOOL**  **WINTER LUNCH MENU** |

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|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
|  | Chicken Gouzons  or | Mince & Dumplings | Roast Port & Yorkshire Pudding | Chicken tikka  Basmati rice & naan bread or | Pizza baguette or |
|  | Jacket Potato | Fish Fingers | Roast potatoes, | Tuna wrap / pork baguette | Omelette |
| **WEEK** | New Potatoes | Mash Potato | Mash potatoes | & wedges | Chips |
| **1** | Sweetcorn / Beans or Cheese | Carrots, Sprouts | Carrots & Broccoli | Sweetcorn | Spaghetti hoops or peas |
|  | Salad Bar | Salad Bar |  | Salad Bar | Salad Bar |
|  | Bread | Bread | Bread | Crusty bread | Crusty bread |
|  |  |  |  |  |  |
|  | Homemade Biscuit | Syrup Sponge & Custard | Chocolate Brownie | Flapjack | Ice cream roll |
|  | Fruit or Yoghurt | Fruit or Yoghurt | Fruit or Yoghurt | Fruit or Yoghurt | Fruit or Yoghurt |
|  | Water or Milk | Water or Milk | Water | Water or Milk | Water or Milk |
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|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
|  | Homemade Soup | Pork meatballs  in tomato & basil sauce | Roast Beef & Yorkshire Pudding | Chilli con carne | Sausage Roll  or |
| **WEEK** | Sandwich | Pasta Shells | Roast potatoes, | Fish Fingers | Fish Portion |
| **2** |  | Cheese | Mash potatoes | Diced Herb Potatoes / Basmati Rice | Chips |
|  |  | Sweetcorn | Carrots & Broccoli | Beans or mixed vegetables | Spaghetti hoops or peas |
|  | Salad Bar | Salad Bar |  | Salad Bar | Salad Bar |
|  | Bread | Crusty Bread | Bread | Crusty Bread | Bread |
|  |  |  |  |  |  |
|  | Apple Crumble & Custard | Cheesecake | Jelly | Flapjack | Ice cream tub |
|  | Fruit or Yoghurt | Fruit or Yoghurt | Fruit or Yoghurt | Fruit or Yoghurt | Fruit or Yoghurt |
|  | Water or Milk | Water or Milk | Water | Water or Milk | Water or Milk |
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|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
|  | Tuna Pasta Bake  or | Sausage & Mash  or | Roast Turkey & Yorkshire Pudding | Chicken Fajita | Hot Dogs in Finger Bun  or |
| **WEEK** | Pasta Shells | Fish Cake | Roast potatoes, | Basmati Rice | Fish Portion |
| **3** | Cheese | Mash Potatoes | Mash potatoes | Turkey Baguette | Chips |
|  |  | Carrots, Sprouts, Peas | Carrots & Broccoli | Wedges | Beans or Peas |
|  | Salad Bar | Salad Bar |  | Salad Bar | Salad Bar |
|  | Crusty Bread | Crusty Bread | Bread | Bread | Bread |
|  |  |  |  |  |  |
|  | Biscuit | Angel Delight | Chocolate mouse cake | Sponge Cake & Custard | Jelly or  Ice Cream Tub |
|  | Fruit or Yoghurt | Fruit or Yoghurt | Ice Cream Roll or Fruit | Fruit or Yoghurt | Fruit |
|  | Water or Juice | Water or Milk | Water | Water or Milk | Water or Milk |
|  |  |  |  |  |  |