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

|  |  |  |  |  |  |
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|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
|  | |  |  | | --- | --- | | Meatballs with | | |  |  | | |  |  | | --- | --- | | Chicken Curry | | | with Rice |  | | Mince & Yorkshire Pudding | |  | | --- | | Pizza Baguette | |  | | |  | | --- | | Hot Dog | |  | |  | |
| **W** | pasta shells | |  |  | | --- | --- | | Wedges | | |  |  | | or sausage roll | Ham Sandwich | Fish |
| **E** |  | Cous cous salad | Roast Potatoes | New potatoes | Chips |
| **E** | Seasonal Veg | Seasonal Veg | Seasonal Veg | Seasonal Veg | Beans |
| **K** | Salad Bar | Salad Bar | Salad Bar | Salad Bar | Salad Bar |
|  | Crusty Bread | Crusty bread | Crusty Bread | Bread | Bread |
| **1** | Homemade Biscuit | |  |  | | --- | --- | | Apple Crumble  with Custard | | |  |  | | Chocolate Brownie | Chocolate Chip Muffin | Jelly or Ice Cream |
|  | Fruit or Yoghurt | Fruit or Yoghurt | Fruit or Yoghurt | Fruit or Yoghurt | Fruit or Yoghurt |
|  | Water or Milkshake | Water or Milk | Water or Milk | Water | Water or Milk |
|  |  |  |  |  |  |

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|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
|  | |  |  | | --- | --- | | Mince & Dumplings | | |  |  | | |  |  | | --- | --- | | Chicken Korma | | |  |  | | |  |  | | --- | --- | | Roast Dinner |  | | |  |  | | --- | --- | | Pasta Bolognese | | |  |  | | Fish Fingers |
| **W** | |  | | --- | | Or Sausages | | |  |  | | --- | --- | | Vegetable Korma | | |  |  | | Roast Potato | |  |  | | --- | --- | | Vegetable pasta | | | bake |  | | Chicken gouzons |
| **E** | Creamed Potato | With rice | Jacket Potato | -------- | Chips |
|  | Seasonal Veg | Seasonal Veg | Seasonal Veg | Seasonal Veg | Peas/beans |
| **E** | Salad Bar | Salad Bar | Salad Bar | Salad Bar | Salad Bar |
|  | Crusty Bread | Bread | Crusty Bread | Bread | Bread |
| **K** |  |  |  |  |  |
| **2** | |  |  | | --- | --- | | Angel whip |  | | Iced Sponge with custard | Fruit Jelly | Cheesecake | Biscuit |
|  | Fruit or Yoghurt | Fruit or Yoghurt | Fruit or Yoghurt | Fruit or Yoghurt | Fruit or Yoghurt |
|  | Water or Milk | Water | Water or Milk | Water or Milk | Water or Milk |

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|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **W** | |  | | --- | | Chilli Con  Carne | | |  |  | | --- | --- | | Fish cakes | | |  |  | |  | | | |  |  | | --- | --- | | Roast Dinner |  | |  |  | | |  |  | | --- | --- | | Chicken Pasta | | | Bake |  | |  |  | | |  |  | | --- | --- | | Pizza Baguette |  | |
|  | Or cheese / tuna wrap | Oven baked Sausages | Jacket Potato | Ham sandwich | Fish |
| **E** | with rice | Creamed Potato | Roast Potatoes | Wedges | Chips |
|  | Seasonal Veg | Seasonal Veg | Seasonal Veg | Seasonal Veg | Spaghetti Hoops or Peas |
| **E** | Salad Bar | Salad Bar | Salad Bar | Salad Bar | Salad Bar |
|  | Crusty Bread | Bread | Crusty Bread | Crusty Bread | Bread |
|  |  |  |  |  |  |
| **K** | Chocolate Sponge & Custard | |  |  | | --- | --- | | Flapjack |  | | Frozen Yoghurt | |  | | --- | | Apple sponge with | | custard | | Biscuit |
| **3** | Fruit or Yoghurt | Fruit or Yoghurt | Fruit or Yoghurt | Ice Cream Roll or Fruit | Fruit or Yoghurt |
|  | Water or Juice | Water or Milk | Water or Milk | Water | Water or Juice |
|  |  |  |  |  |  |