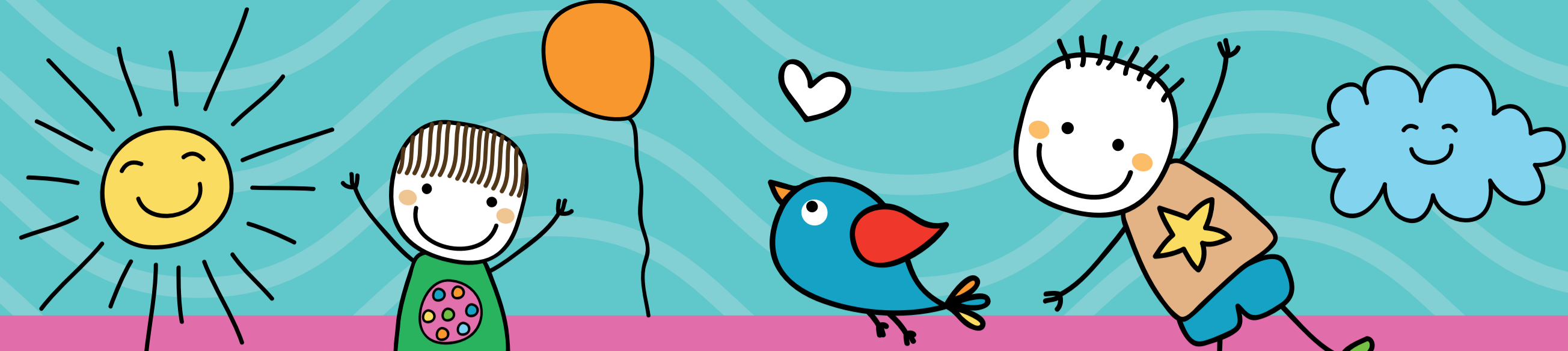


# Archibald First School Lunch Menu



## week one

3 September 18 • 24 September  
 15 October 18 • 12 November 18  
 3 December 18 • 7 January 19  
 28 January 19 • 25 February 19  
 18 March 19 • 22 April 19  
 13 May 19 • 10 June 19  
 1 July 19

### Monday

**MEAT FREE MONDAY**  
 Macaroni Cheese (v)  
 Freshly Baked Petit Pan  
 Mixed Vegetables

Quorn Cottage Pie (v)  
 Savoy Cabbage  
 Carrots

Baked Bean Filled Jacket Potato (v)

Angel Delight (v)

### Tuesday

Chicken Fillet  
 with Katsu Curry Sauce  
 Steamed Rice • Cauliflower

Cheese and Onion Slice (v)  
 Mashed Potato • Baked Beans

Tuna Tortilla Wedge  
 Filled Jacket potato

Fruity Flapjack • Custard

### Wednesday

Minced Beef or Minced Quorn (v)  
 with Herb Dumpling  
 Carrot & Swede Mash  
 Garden Peas

Sweet and Sour Pork  
 Egg Noodles • Garden Peas

Chicken Mayo Filled Jacket Potato

Fresh Fruit Salad  
 or Chilled Yoghurt

### Thursday

Roast Turkey  
 with Sage and Onion Stuffing  
 Oven Roast Potatoes  
 Turnip

Vegetable Pasta Bake (v)  
 Garlic Dough Balls • Broccoli

Ham and Tomato Baguette

Filled Jacket Potato

Chocolate Brownie  
 Chocolate Sauce

### Friday

Crispy Coated Fish  
 Chips • Mushy Peas

Tomato Soup (v)  
 Focaccia Bread

Cheese Filled Jacket Potato

Fresh Fruit  
 or Frozen Yoghurt

Available daily: Salad bar, selection of fresh bread and rolls. Alternative Desserts: Selection of fresh fruit, yoghurt and cheese and biscuits. (v) Suitable for Vegetarians. Choice of Drinks: Fruit juice drink, reduced fat milk, chilled drinking water. Menu is subject to availability and the requirements of individual schools.

## week two

10 September 18 • 1 October 18  
 22 October 18 • 19 November 18  
 10 December 18 • 14 January 19  
 4 February 19 • 4 March 19  
 25 March 19 • 29 April 19  
 20 May 19 • 17 June 19  
 8 July 19

### Monday

**MEAT FREE MONDAY**  
 Quorn Spaghetti Bolognese (v)  
 Herb Bread  
 Broccoli

Carrot and Leek Quiche (v)  
 Country Diced Potatoes • Baked Beans

Tuna and Sweetcorn  
 Filled Jacket Potato

Carrot Cake • Chilled Drink

### Tuesday

Baked Pork Sausage  
 or Quorn Sausage (v)  
 with Yorkshire Pudding  
 Oven Roast Potatoes  
 Carrots

Chicken Jalfrezi  
 Bombay Potatoes • Sliced Green Beans

Egg Mayo Filled Jacket Potato (v)

Fresh Fruit Selection or Yoghurt Pot

### Wednesday

Turkey Cobbler  
 Creamed Potatoes  
 Cabbage

Thin & Crispy Pizza Margherita (v)  
 Seasoned Potato Wedges  
 Coleslaw

Chicken Mayo Filled Jacket Potato

Sticky Date Pudding  
 Custard

### Thursday

Roast Gammon with Pineapple  
 New Potatoes • Sweetcorn

Classic Hot Dog  
 Sweet Potato Fries  
 Wholemeal Spaghetti Hoops

Cheese and Spring Onion  
 Sandwich

Filled Jacket Potato (v)

Shortbread • Custard

### Friday

Quorn Kofta (v)  
 with Mint Ratia in Pitta Pocket  
 Sweet Pepper Rice

Cod Fish Fingers  
 Chips • Garden Peas

Baked Bean Filled Jacket Potato (v)

Fruit Salad  
 or Chilled Yoghurt

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## week three

17 September 18 • 8 October 18  
 5 November 18 • 26 November 18  
 17 December 18 • 21 January 19  
 11 February 19 • 11 March 19  
 1 April 19 • 6 May 19  
 3 June 18 • 24 June 19  
 15 July 19

### Monday

**MEAT FREE MONDAY**  
 Thin & Crispy Quorn Bolognese  
 Pizza (v)  
 Country Diced Potatoes • Peas

Chinese Style Vegetable Curry (v)  
 Egg Noodles

Baked Bean Filled Jacket Potato (v)

Raspberry Ripple or Strawberry  
 Frozen Mousse (v)

### Tuesday

BBQ Chicken Grill  
 Seasoned Wedges • Sweetcorn

Lasagne  
 Herb Bread  
 Broccoli

Carrot & Cheese Savoury  
 Sandwich

Filled Jacket Potato (v)

Lemon Drizzle Cake  
 Custard

### Wednesday

Chicken Korma  
 Boiled Rice or Naan Bread  
 Garden Peas

Quorn Burger (v) in Bun  
 Sweet Potato Fries • Baby  
 Corn

Ham Salad Wrap

Filled Jacket Potato (v)

Fresh Fruit Selection  
 or Yoghurt Pot

### Thursday

Italian Style Meatballs  
 with Spaghetti  
 Garlic Bread • Green Beans

Vegetable Nuggets (v)  
 or Chicken Nuggets  
 New Potatoes • Beetroot

Tuna Mayo Filled Jacket Potato

Banana Muffin • Chilled Drink

### Friday

Cod Fishcake  
 Chips • Baked Beans

Minced Beef Pie  
 Chips • Garden Peas

Chicken and Sweetcorn  
 Sandwich

Filled Jacket Potato

Chocolate Coconut  
 Slice Custard

Available daily: Salad bar, selection of fresh bread and rolls. Alternative Desserts: Selection of fresh fruit, yoghurt and cheese and biscuits. (v) Suitable for Vegetarians. Choice of Drinks: Fruit juice drink, reduced fat milk, chilled drinking water. Menu is subject to availability and the requirements of individual schools.



September 2018 - July 2019

