

LONGSANDS SCHOOL LUNCH MENU

PUPIL: _____ Class: _____

Dietary Requirements: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FAVOURITE FRIDAY
WEEK ONE	PORK MEATBALLS IN RICH TOMATO SAUCE	VEGGIE BRUNCH WITH VEGETARIAN SAUSAGE FREE RANGE OMELETTE	ROAST PORK WITH GRAVY AND SAGE & ONION STUFFING	CHICKEN & VEGETABLE TIKKA	CRISPY BATTERED FILLET OF FISH
	HOMEMADE CHEESE & TOMATO PIZZA	JUMBO FISH FINGER CRUNCHY SALAD & MAYO TORTILLA WRAP	ORGANIC PASTA IN NEAPOLITAN SAUCE	HOMEMADE CHEDDAR CHEESE PASTRY WHIRL	HOMEMADE CHEESE & TOMATO PIZZA
	JACKET POTATO	CHEESE or TUNA PANINI	JACKED POTATO	TUNA WRAP	LANCASHIRE BEEFBURGER IN A BUN
WEEK TWO	PORK SAUSAGES & ONION GRAVY	HOMEMADE SWEET POTATO & CHICKPEA CURRY	ROAST CHICKEN WITH GRAVY AND SAGE & ONION STUFFING	HOMEMADE MINCE BEEF HOTPOT WITH A BAKED SLICE POTATO TOPPING	CRISPY TEMPURA BATTERED FISH GOUJONS
	ORGANIC PASTA IN A TOMATO AND MASCARPONE SAUCE	HOMEMADE CHEESE & TOMATO PIZZA	QUORN MEATBALL & VEGETABLE CASSEROLE WITH HERBY DUMPLINGS	HOMEMADE CHEESE, ONION & POTATO PIE	HOMEMADE CHEESE & TOMATO PIZZA
	JACKET POTATO	CHEESE or TUNA PANINI	JACKET POTATO	TUNA WRAP	BBQ CHICKEN FILLET IN A SOFT BUN WITH MAYO
WEEK THREE	CRISPY CHICKEN GOUJON CRUNCHY SALAD & MAYONNAISE TORTILLA WRAP	PORK OR QUORN SAUSAGE IN A ROLL	ROAST BEEF WITH YORKSHIRE PUDDING & GRAVY	HOMEMADE CHICKEN & SEASONAL VEGETABLE PIE	GOLDEN CRUMB BREADED OMEGA 3 FISH FINGERS
	FREE RANGE CHEESE & TOMATO OMELETTE	CRISPY BUBBLE COATED SALMON FILLET	ORGANIC PASTA IN A SWEET PEPPER & TOMATO SAUCE	HOMEMADE VEGETABLE BALTI	HOMEMADE CHEESE & TOMATO PIZZA
	JACKET POTATO	CHEESE or TUNA PANINI	JACKET POTATO	TUNA WRAP	JACKET POTATO

IMPORTANT: Please ensure that you add any dietary needs that the kitchen staff need to be aware of.

Menu wef 05/11/18.