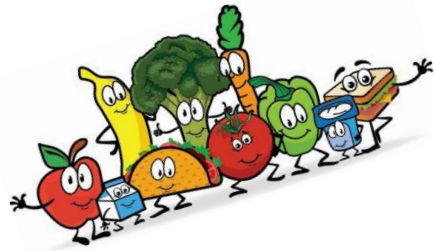


# Harwich Community Primary School and Nursery

## Lunch Menus



Dates: - Wednesday 3<sup>rd</sup> Sept, Monday 15<sup>th</sup> Sept, Monday 29<sup>th</sup> Sept, Monday 13<sup>th</sup> October, Monday 3<sup>rd</sup> November, Monday 17<sup>th</sup> November, Monday 1<sup>st</sup> December and Monday 15<sup>th</sup> December

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	Cheese Pizza	Meatballs with pasta	Roast Gammon with roast potatoes, veg and gravy	Chicken Curry and rice	Fish Fingers served with chips, peas or beans
<b>Veggie Option</b>	Cheese Pizza	Veggie Pasta Bake	Quorn fillet with roast potatoes, veg and gravy	Veggie fajita with rice	Quorn sausage served with chips, peas or beans
<b>Jacket Potato</b>	Cheese and Beans	Tuna or Beans	Tuna or Cheese	Tuna, Beans or chicken curry	Beans and Cheese
<b>Dessert</b>	Chocolate Brownie	Fruit Yoghurt	Shortbread Biscuit	Crumble and Custard	Fruit and Ice cream
<b>Cold Rolls</b>	Choice of fillings and salad				

**Water, milk, juice and fresh fruit and salad**

