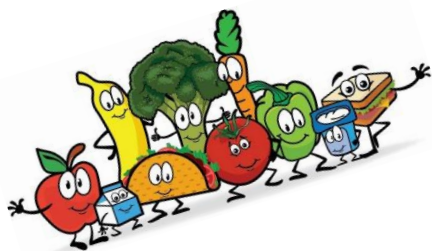


# Harwich Community Primary School and Nursery



## Lunch Menus

Dates: - Monday 8<sup>th</sup> Sept, Monday 22<sup>nd</sup> Sept, Monday 6<sup>th</sup> October, Monday 20<sup>th</sup> October, Monday 10<sup>th</sup> November, Monday 24<sup>th</sup> November, Monday 8<sup>th</sup> December

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	Pepperoni Pizza with wedges	Macaroni Cheese	Roast Turkey served with roast potatoes, veg and Gravy	Beef Bolognaise	Fish Fillet with chips
<b>Veggie Option</b>	Vegetable burger in a bun	Veggie Spring roll with Chinese noodles	Quorn fillet served with roast potatoes, veg and Gravy	Vegetable curry with rice	Quorn Dippers with chip, peas or beans
<b>Jacket Potato</b>	Cheese and Beans	Tuna or Beans	Cheese or Tuna	Tuna or Beans	Cheese and Beans
<b>Dessert</b>	Marble Cake	Frozen Mousse	Crunchy Biscuit	Sponge and custard	Mini Doughnuts
<b>Cold Rolls</b>	With a choice of fillings and salad				

Water, milk, juice and fresh fruit and salad