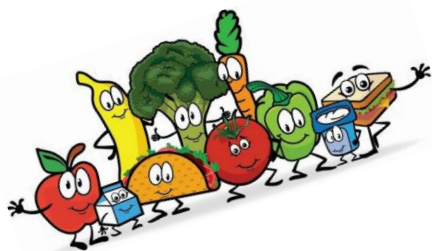


Harwich Community Primary School and Nursery

Lunch Menus



Dates: - Mon 9th Sept, Mon 23rd Sept, Mon 7th Oct, Mon 21st Oct, Mon 11th Nov, Mon 25th Nov, Mon 9th Dec,

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Pepperoni Pizza	Chinese Chicken Noodles	Roast Chicken served with roast potatoes, veg and Gravy	Beef Bolognaise with pasta	Fish cake with chips, peas or beans
Veggie Option	Vegetable Nuggets and wedges	Chinese Vegetable Noodles	Quorn Roast served with roast potatoes, veg and Gravy	Macaroni Cheese	Quorn Nuggets with chip, peas or beans
Jacket Potato	With choice of fillings				
Dessert	Marble Cake	Shortbread with fruit	Flap Jack	Sponge cake and Custard	Ice Cream Sponge roll
Cold Option- With a choice of fillings and salad	Rolls	Wraps	Rolls	Wraps	Rolls

Water, milk, juice and fresh fruit and salad