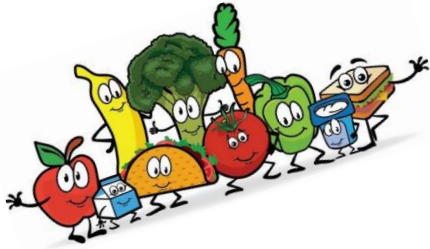


# Harwich Community Primary School and Nursery

## Lunch Menus

Dates: - 8<sup>th</sup> January, 22<sup>nd</sup> January,  
5<sup>th</sup> February, 26<sup>th</sup> February



WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	Cheese and Tomato Pizza	Meatball 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>	Vegetable Bolognese with wedges	Cheddar Whirl and mash	Quorn Roast with roast potatoes, veg and gravy	Vegetable Fajitas and rice	Quorn Hot Dogs with chips, peas or beans
<b>Jacket Potato</b>	With choice of fillings				
<b>Dessert</b>	Brownie	Frozen Yoghurt	Biscuit and Fruit	Cake and Custard	Jelly and Fruit
<b>Cold Option- Choice of fillings and salad</b>	Rolls	Wraps	Rolls	Wraps	Rolls

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

