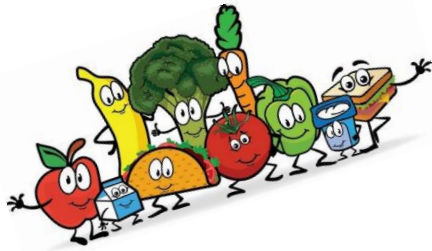


Harwich Community Primary School and Nursery

Lunch Menus

Dates: - 30th October, 13th November 27th
November, 11th December



WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	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
Veggie Option	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
Jacket Potato	With choice of fillings				
Dessert	Brownie	Frozen Yoghurt	Biscuit and Fruit	Cake and Custard	Jelly and Fruit
Cold Option- Choice of fillings and salad	Rolls	Wraps	Rolls	Wraps	Rolls

Water, milk, juice and fresh fruit and salad

