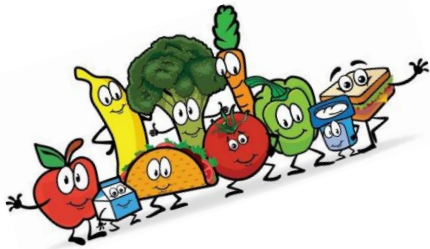


# Harwich Community Primary School and Nursery

## Lunch Menus

Autumn Term Dates: - 3<sup>rd</sup> Sept, 14<sup>th</sup> Sept,  
28<sup>th</sup> Sept, 12<sup>th</sup> October



| WEEK 1               | Monday                       | Tuesday                   | Wednesday                                       | Thursday                                 | Friday                                         |
|----------------------|------------------------------|---------------------------|-------------------------------------------------|------------------------------------------|------------------------------------------------|
| <b>Hot Main Dish</b> | Sausages and Wedges          | Bacon Pasta Bake          | Roast Turkey with roast potatoes, veg and gravy | Mince Beef Pie and mash with vegetables  | Fish Fingers served with chips, peas or beans  |
| <b>Veggie Option</b> | Veggie Burger and wedges     | Veggie tart with potatoes | Quorn fillet with roast potatoes, veg and gravy | Veggie sausages and mash with vegetables | Quorn hot dog 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>       | Angel Delight                | Mini Doughnuts            | Flap Jack                                       | Brownie                                  | Jelly and Fruit                                |
| <b>Cold Rolls</b>    | Choice of fillings and salad |                           |                                                 |                                          |                                                |

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

