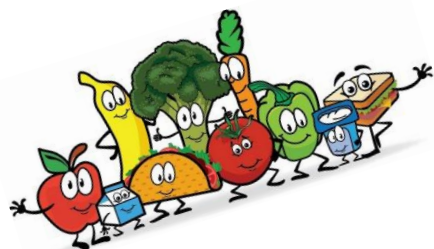


Harwich Community Primary School and Nursery

Lunch Menus

Dates: - 7th September, 21st Sept, 5th October 19th October



WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Cheese Pizza with wedges	Spaghetti Carbonara and garlic bread	Roast Gammon served with roast potatoes, veg and Gravy	BBQ Chicken and rice	Sausage roll with chips, peas or beans
Veggie Option		Veggie Lasagne and garlic bread	Quorn fillet served with roast potatoes, veg and Gravy	Sweet and Sour veggies with rice	Quorn nuggets with chip, peas or beans
Jacket Potato	Cheese and Beans	Tuna or Beans	Cheese or Tuna	Tuna or Beans	Cheese and Beans
Dessert	Chocolate Cake	Ice cream tub	Crunchy Biscuit	Crumble and custard	Yoghurts
Cold Rolls	With a choice of fillings and salad				

Water, milk, juice and fresh fruit and salad