



LIONEL WALDEN PRIMARY SCHOOL LUNCH MENU 2016-2017



Week One

31st Oct, 21st Nov, 12th Dec, 9th Jan, 30th Jan, 27th Feb, 20th Mar

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Grills	Sausages	Pepperoni or	Roast Chicken	Fish Fingers
Salmon Fish Cakes	Quorn Sausages	Margherita Pizza	Pasta Neapolitan	Vegetable Lasagne
Cheese Salad	Egg Salad	Ham Salad	-----	-----
-----	-----	-----	Carrots and Broccoli	Chips
Herby Potatoes	Sweetcorn	Smiley Faces	Roast and Mashed	Peas
Baked Beans	Runner Beans	Spaghetti Hoops	Potatoes	-----
-----	Roast and Mashed	-----	French Bread	Gingerbread Person
Fudge Tart and	Potatoes	Jam Sponge	-----	Flapjack and Milk
Chocolate Sauce	-----	and Custard	Fruit Crumble	Fresh Fruit
Yoghurt	Apple Cobbler	Frozen Yoghurt	and Custard	
Fresh Fruit	Cookies and Juice	Melon	Yoghurt	
	Fresh Fruit		Fresh Fruit Salad	



Week Two

7th Nov, 28th Nov, 19th Dec, 16th Jan, 6th Feb, 6th Mar, 27th Mar



Monday	Tuesday	Wednesday	Thursday	Friday
Spaghetti Bolognese	Roast Pork	Beef Lasagne	Pepperoni or	Hot Dogs
Cheese Quiche	Vegetable Pasta Bake	Chicken Casserole	Margherita Pizza	Quorn Hot Dogs
Quorn Wraps	Turkey Salad	and Dumplings	Ham Salad	Egg Salad
-----	-----	Vegetable Ravioli	-----	-----
Sweetcorn	Carrots and	-----	Potato Waffles	Chips
Pasta	Cauliflower	Potato Swirls	Spaghetti Hoops	Baked Beans
Herby Potatoes	Roast and Mashed	Garlic Bread	-----	-----
-----	Potatoes	Mixed Vegetables	Norwegian Spice	Chocolate Cracknell
Cornflake Tart	-----	-----	and Custard	and Juice
and Custard	Carrot Cake	Lemon Love Cake	Flapjack and Milk	Yoghurt
Fruit Cookie	and Vanilla Sauce	and Custard	Melon	Fresh Fruit
and Juice	Frozen Yoghurt	Yoghurt		
Fresh Fruit	Fresh Fruit	Fresh Fruit Salad		



Week Three

14th Nov, 5th Dec, 4th Jan, 23rd Jan, 20th Feb, 13th Mar



Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Burger	Cottage Pie	Chicken Tikka Masala	Roast Beef or Turkey	Battered Fish
Quorn Burger	Pork Meat Balls	Gammon Steak	Yorkshire Pudding	Quorn Chilli
in a Bun	Cauliflower Cheese	Macaroni Cheese	Mexican Wraps	Ham Salad
Tuna Salad	-----	-----	-----	-----
-----	Pasta or Bread Roll	Rice	Broccoli and Carrots	Chips or Rice
Potato Waffles	Mixed Vegetables	Herby Potatoes	Roast and Mashed	Peas
Spaghetti Hoops	-----	Sweetcorn	Potatoes	-----
-----	Fresh Fruit Crumble	Baked Beans	-----	Treacle Sponge
Chocolate Sponge	and Custard	-----	Paris Sandwich	and Custard
and Custard	Yoghurt	Date Slice	and Custard	Flapjack and Milk
Yoghurt	Fresh Fruit	and Custard	Frozen Yoghurt	Fresh Fruit
Fresh Fruit		Cookies and Juice	Fresh Fruit Salad	
		Melon		

Fresh Homemade Bread and Salad Bar Available Daily

In line with legislation on food allergens, information is available, upon request, which details a range of possible allergens for each of the items on our menu.