

Lewisham 2020 Lunch Menu

Week 1

31/08 21/09 12/10

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	5 Spice Veggie Noodles	BBQ Beef Meatballs with Pasta**	Roast Chicken with Roast Potatoes & Gravy	Chinese Chicken Noodles	MSC Salmon Fish Fingers*** & Chips
Alternative Dish	Tomato and Basil Pasta**	Cheese and Tomato Pizza with Potato Wedges	Vegetable Pastry Slice with Roast Potatoes & Gravy	Quorn Bolognese** with Pasta	Quorn Dippers with Chips
Schools Choice	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****
Vegetables	Peas Carrots Mixed Salad	Green Beans Cauliflower Mixed Salad	Carrots Cabbage Mixed Salad	Sweetcorn Roast Vegetables Mixed Salad	Baked Beans Peas Mixed Salad
	Chocolate Cake with Fresh Fruit Slices	Apple and Pear Strudel* with Custard	Blueberry Frozen Yoghurt & Fruit Slices	Pineapple Cake with Fresh Fruit Slices*	Shortbread Biscuit with Fresh Fruit Slices
Desserts	Yoghurt & Fresh Fruit Salad*	Yoghurt & Fresh Fruit Slices*	Yoghurt & Fresh Fruit Bowl*	Yoghurt & Fresh Fruit Slices*	Yoghurt & Fresh Fruit Salad*

Cool Milk or Water & Freshly Baked Bread available daily

****Schools Choice: Filled Jacket Potato, Extra Pasta Dish, Sandwich/Baguette (Subject to availability)

Please speak to the Catering Manager for special dietary requirements and allergen information. Vegetables & Fruit are subject to seasonal variation. Menu is subject to individual school changes.

*Fruit Based **Wholegrain***Oily Fish



Charwell's Lewisham are Sugar Smart
find out more, visit our website:
www.lewishamschoolmeals.co.uk



MSC-C-20704

Lewisham 2020 Lunch Menu

Week 2

07/09 28/09 19/10

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Quorn Spaghetti Bake	Jerk Chicken with Rice & Peas	Roast Turkey with Roast Potatoes & Gravy	Beef Lasagne with Garlic & Herb Bread Wedge**	MSC Cod Fish Fingers & Chips
Alternative Dish	Veggie Korma with Rice**	Sweet Potato Burger with Potato Wedges	Quorn Roast with Roast Potatoes & Gravy	Mild Chilli Cheese Burrito Wrap	Veggie Pizza Hot Dog with Chips
Schools Choice	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****
Vegetables	Sweetcorn Broccoli Mixed Salad Chocolate & Raspberry Swirl Cake with Fruit Slices	Cauliflower Peas Mixed Salad Apple and Berry Crumble* with Custard	Carrots Roast Parsnips Mixed Salad Mango Frozen Yoghurt with Fresh Fruit Slices	Green Beans Sweetcorn Mixed Salad Oat Flapjack with Fresh Fruit Slices*	Baked Beans Peas Mixed Salad Banana and Cinnamon Cake* with Fresh Fruit Slices
Desserts	Yoghurt & Fresh Fruit Slices*	Yoghurt & Fresh Fruit Salad*	Yoghurt & Fresh Fruit Bowl*	Yoghurt & Fresh Fruit Salad*	Yoghurt & Fresh Fruit Slices*

Cool Milk or Water & Freshly Baked Bread available daily
 ****Schools Choice: Filled Jacket Potato, Extra Pasta Dish, Sandwich/Baguette (Subject to availability)
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Lewisham 2020 Lunch Menu

Week 3

14/09 05/10

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	BBQ Quorn Burger with Potato Wedges	Lemon & Ginger Chinese Chicken with Rice	'School's Choice' Roast with Roast Potatoes & Gravy	Beef Bolognese Pasta**	Crispy MSC Pollock Fillet & Chips
Alternative Dish	Mild/Sweet Potato Curry with Rice	Vegetable Lasagne with a Garlic & Herb Bread Wedge**	Vegetarian Sausages with Roast Potatoes & Gravy	Matar Paneer Curry with Rice	Macaroni Cheese Pasta
Schools Choice	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****
Vegetables	Carrots Sweetcorn Mixed Salad	Green Beans Roast Vegetables Mixed Salad	Cabbage Carrots Mixed Salad	Broccoli Sweetcorn Mixed Salad	Peas Baked Beans Mixed Salad
Desserts	Chocolate Slice* with Fresh Fruit Yoghurt & Fresh Fruit Salad*	Apple Crumble* with Custard Yoghurt & Fresh Fruit Slices*	Strawberry Frozen Yoghurt with Fresh Fruit Slices Yoghurt & Fresh Fruit Bowl*	Baked Orange and Vanilla Rice Pudding Yoghurt & Fresh Fruit Slices*	Raspberry Yoghurt Cake with Fresh Fruit Slices Yoghurt & Fresh Fruit Salad*

Cool Milk or Water & Freshly Baked Bread available daily

****Schools Choice: Filled Jacket Potato, Extra Pasta Dish, Sandwich/Baguette (Subject to availability)

Please speak to the Catering Manager for special dietary requirements and allergen information.

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SUGAR SMART
LEWISHAM

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Sealcod with this mark comes from a fishery that has been independently certified to the MSC standard for a well-managed and sustainable fishery.

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