

Sprowston Infant School Lunch Menu





Week 1


Week Beginning

18th April
2nd, 16th May
6th, 20th June
4th, 18th July
12th, 26th September
10th October


Monday

Hot	 Margarita Pizza or  Southern Style Quorn Burger Potato Wedges & Coleslaw Jam Suet Sponge & Custard
Packed Lunch	Tuna Sweetcorn Mayo Roll Tortilla Chips & Tomato Salsa Dip Bake of the Day Fruit Yoghurt & Vege Sticks


Tuesday

Hot	 Pasta Bolognese & Garlic herb Bread or Tomato & Basil Pinwheels Mixed Vegetables Lemon Drizzle Cake
Packed Lunch	Egg Mayo Sandwich Finger Veg Sticks & Mayo Dip Bake of the Day Fruit Jelly Fruit Wedge


Wednesday

Hot	Roast Chicken with Stuffing and Gravy Or  Cumberland Vegan Toad in Hole Roasted Potatoes, Carrots, Broccoli Ice Cream Roll
Packed Lunch	Ham & Lettuce Wrap Tortilla Chips & Tomato Salsa Dip Bake of the Day Fruit Yoghurt Vege Sticks

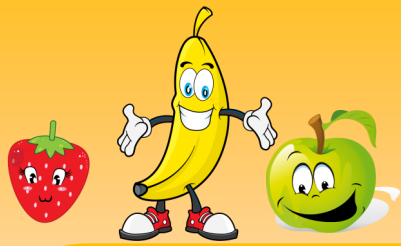
Thursday

Hot	Marinated Chicken & Salad Pita Pockets or  Vegetable Chilli Nachos Wedges & Sweetcorn Jam Dodger Biscuit
Packed Lunch	Cheese & Tomato Pasta Pot Veg Sticks & Mayo Dip Bake of the Day Fruit Jelly Fresh Wedge

Friday

Hot	 Fish Fingers or Vegan Nuggets Chips, Baked Beans or Peas Chocolate Brownie
Packed Lunch	Margarita Pizza Slice Tortilla Chips & Mayo Dip Bake of the Day Fruit Yoghurt Vege Sticks





Sprowston Infant School Lunch Menu







Week 2




Week Beginning

25th April
9th, 23th May
13th, 27th June
11th July
5th, 19th September
3rd, 17th October




Monday

<p>Hot</p> 	<p> Traffic Light Pizza Or Vegetable Chilli & Nachos  Mixed Salad & Coleslaw Chocolate Squares</p>
<p>Packed Lunch</p> 	<p>Tuna Sweetcorn Mayo Roll Tortilla Chips & Tomato Salsa Dip Bake of the Day Fruit Yoghurt & Vege Sticks</p>




Tuesday

<p>Hot</p> 	<p> Classis Beef Lasagne or Macaroni Cheese Mixed Vegetables Blueberry Muffin</p>
<p>Packed Lunch</p> 	<p>Egg Mayo Sandwich Finger Veg Sticks & Mayo Dip Bake of the Day Fruit Jelly Fruit Wedge</p>




Thursday

<p>Hot</p> 	<p> Smokey Joe Chicken or Vegetable & Bean Loaf Diced Potatoes & Sweetcorn Apple Pie & Ice Cream</p>
<p>Packed Lunch</p> 	<p>Cheese & Tomato Pasta Pot Veg Sticks & Mayo Dip Bake of the Day Fruit Jelly Fresh Wedge</p>

Wednesday

<p>Hot</p> 	<p> Roast Gammon & Pineapple Or Vegan Cumberland Sausage Roast Potatoes and Gravy Carrots & Broccoli Strawberry Iced Smoothie</p>
<p>Packed Lunch</p> 	<p>Ham & Lettuce Wrap Tortilla Chips & Tomato Salsa Dip Bake of the Day Fruit Yoghurt Vege Sticks</p>

Friday

<p>Hot</p> 	<p> Fish Fingers Or Vegan Sausage Roll Chips, Baked Beans & Peas Marble Crunch & Chocolate Sauce</p>
<p>Packed Lunch</p> 	<p>Margarita Pizza Slice Tortilla Chips & Mayo Dip Bake of the Day Fruit Yoghurt Vege Sticks</p>

