



Sprowston Infant School Lunch Menu







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Week 1



Week Beginning
31st October
14th November
28th November
12th December
9th January
23th January
6th February
27th February
13th March
27th March

Monday	
Hot 	<p>V <small>vegetarian</small> Margherita Pizza or V <small>vegetarian</small> Vegetable Lasagne & Garlic Bread</p> <p>Potato Wedges & Coleslaw</p> <p>Chocolate Sponge & Chocolate Sauce</p>
Packed Lunch 	<p>Cheese Roll</p> <p>Tortilla Chips. Veggie Sticks. Fruit Wedge</p> <p>Bake of the Day</p>

Tuesday	
Hot 	<p>V <small>vegetarian</small> Pork Sausages or Quorn Sausage</p> <p>Mashed Potatoes with Seasonal Vegetables</p> <p>Lemon Muffin</p>
Packed Lunch 	<p>Ham Wrap.</p> <p>Cheese Straw. Veggie Sticks. Fruit Wedge</p> <p>Bake of the Day</p>

Thursday	
Hot 	<p>Pasta Bolognese & Garlic Bread</p> <p>Or</p> <p>V <small>vegetarian</small> Veggie Chilli Loaded Wedges & Salad</p> <p>Chocolate Crunch & Custard</p>
Packed Lunch 	<p>Ham Wrap.</p> <p>Cheese Straw. Veggie Sticks. Fruit Wedge</p> <p>Bake of the Day</p>

Wednesday	
Hot 	<p>V <small>vegetarian</small> Roast Chicken Or Roast Quorn Fillet,</p> <p>Yorkshire Pud, Roast Potatoes & Gravy with Seasonal Vegetables</p> <p>Fruit of the Forest Mousse</p>
Packed Lunch 	<p>Tuna Roll</p> <p>Tortilla Chips. Veggie Sticks. Fruit Wedge</p> <p>Bake of the Day</p>

Friday	
Hot 	<p>V <small>vegetarian</small> Fish Fingers or Quorn Vegan Fishless Finger</p> <p>Chips, Baked Beans</p> <p>Orange Jelly & Ice Cream</p>
Packed Lunch 	<p>Cheese Roll.</p> <p>Pizza Finger. Veggie Sticks. Fruit Wedge</p> <p>Bake of the Day</p>





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Week 2

Week Beginning
 7th November
 21st November
 5th December
 4th January
 16th January
 30th January
 20th February
 6th March
 20th March

Monday

Hot



Classic Macaroni Cheese with Garlic Bread

Or



Veggie Bean Burger with Mini Baked Potatoes & Peas

Fruit of the Forest Mousse



Packed Lunch



**Cheese Roll.
 Tortilla Chips. Veggie Sticks.
 Fruit Wedge
 Bake of the Day**

Thursday

Hot



BBQ Chicken Melt with Potato Wedges & Peas

**Vegetable Bolognese & Garlic Bread
 Orange Muffin**



Packed Lunch



**Ham Wrap
 Cheese Straw. Veggie Sticks.
 Fruit Wedge
 Bake of the Day**

Tuesday

Hot

Beef Meatballs in a Tomato Sauce with Rice & Peas

Or



Vegetable & Bean Burrito with Salad

Marble Crunch & Custard



Packed Lunch



**Ham Wrap.
 Cheese Straw. Veggie Sticks.
 Fruit Wedge
 Bake of the Day**

Wednesday

Hot



Roast Gammon or

Veggie Toad in the Hole

Yorkshire Pud, Roast Potatoes & Gravy with Seasonal Vegetables



Fruit Crumble & Custard

Packed Lunch



**Tuna Roll.
 Tortilla Chips. Veggie Sticks.
 Fruit Wedge
 Bake of the Day**

Friday

Hot



Fish Fingers or

Quorn Southern Style Nuggets

Chips, Baked Beans

Chocolate Sponge & Ice-cream



Packed Lunch



**Cheese Roll
 Pizza Finger. Veggie Sticks. Fruit Wedge
 Bake of the Day**

