





All Saints Carshalton Church of England Primary School

Summer Term Lunch Menu 2017

Week	Monday	Tuesday	Wednesday	Thursday	Friday
1 	Cheesy Pasta(v) served with Spicy Potato Wedges and Locally sourced Vegetables Apple Cake	Mrs Brambles Secret recipe Spicy Chicken with Half and Half Wraps, grated cheese & Mixed Salad Mrs Brambles Secret recipe Spicy Quorn for vegetarians Fruit Tart and Custard	Spaghetti Bolognese Vegetarian Bolognese served with French Bread & Locally sourced Vegetables Shortbread	Roast Pork Loin or Quorn Fillet served with Hand cut Roast Potatoes & Locally sourced Seasonal Vegetables Gravy Chocolate Mousse	Jacket Potato served with a choice of Baked Beans, Cheese, Salmon Mayonnaise Fruity Oaty Cookies
2 	Cheese and Tomato Pizza(v) served with Roasted New Potatoes Locally sourced Vegetables Chocolate and Mandarin Cake	Homemade Chicken Curry Homemade Quorn Curry served with Basmati Rice served with Locally sourced Vegetables  Cheese & Biscuits	Sausages or Quorn Sausages in a yummy tomato sauce mixed with Pasta served with Locally sourced Mixed Vegetables & Garlic Bread Fruit Jelly	Roast Chicken Fillets or Quorn Fillet served with Hand cut Roast Potatoes & Locally sourced Seasonal Vegetables Gravy Homemade Ice-Cream; various flavours	Breaded Fish Fillet (MSC) or Vegetable Nuggets served with Sweet Potato Fries or Mash & Baked Beans Homemade Flapjacks
3 	Build your own Burger & Oven cooked chips: <i>Burger with one or more of the following:</i> Cheese, Tomato, Lettuce, Ketchup and Mayonnaise Carrot Cake	Tomato Pasta(V) Tuna Pasta & Garlic Bread served with Locally sourced Vegetables Fruit Jelly	Chicken or Quorn Meatballs in a Spanish Tomato Sauce served with Rice & Locally sourced Vegetables Chocolate Shortbread	Roast Turkey Breast or Quorn Fillet served with Hand cut Roast Potatoes & Locally sourced Seasonal Vegetables Gravy Butterscotch Mousse	Jacket Potato served with a choice of: Baked Beans, Cheese, Tuna and Sweetcorn Catherine Wheels



Vegetarian option available every day
Fresh fruit, Yoghurt & Bread available daily

