Bridgewater Primary School Lunch Menu



Choose Smart, Eat Smart Be Smart!



27 February 2017 U 20 March 2017 24 April 2017 Week 15 May 2017 12 June 2017 3 July 2017

Monday

Spaghetti Napoli

Breaded Chicken Bites or Vegetable Nuggets with Ketchup

Sweetcorn • Green Beans

Seasoned Wedges

Cheese filled Jacket Potato

Frozen Yoghurt

Tuesday

Hot Quorn Fillet or Chicken Fillet with Salad in Sesame Seed Bun

Carrot and Spring Onion Quiche

Broccoli • Coleslaw

Potato Croquettes

Tuna Mayo Sandwich

Fruity Flapjack • Custard

Wednesday

Turkey Casserole* with Cobbler

Cheese Roll

Carrot Batons • Baked Beans

Country Diced Potatoes

Baked Bean filled Jacket Potato

Shortbread Finger

Thursday

Roast Beef* with Yorkshire Pudding

Fish Fingers with Tomato Ketchup

Mixed Vegetables • Beetroot

Baby Roast Potatoes

Ham and Cheese Crusty Baguette

Sticky Orange Sponge • Custard

Friday

Cheese and Tomato Pizza

Garden Peas

Chips

Assorted Yoghurts Fresh Fruit

*Also available as meat or meat free option.

Salad bar, selection of fresh bread and rolls available daily. Alternative Desserts: Fresh fruit, low fat yoghurt and cheese and biscuits. Choice of Drinks: Fruit juice drink, reduced fat milk, flavoured milk, chilled drinking water.

6 March 2017 27 March 2017 1 May 2017 n Y 22 May 2017 19 June 2017 10 July 2017

Monday

Garlic Chicken or Garlic Quorn Fillet

Cheese Omelette

Coleslaw • Baked Beans

New Potatoes • Hash Browns

Tuna and Cucumber Sandwich

Tuesday

Oven Baked Pork Sausages*

Homemade Tuna Pattie*

Mixed Vegetables **Spaghetti Hoops in Tomato Sauce**

Creamed Potatoes

Seasoned Potato Wedges

Chicken and Sweetcorn filled Jacket Potato

Spiced Apple Muffin

Wednesday

Savoury Minced Beef* with Yorkshire Pudding

Vinegar Infused Fish Goujons

Spring Cabbage • Sweetcorn

Baby Roast Potatoes

Turkey Salad Sandwich

Strawberry Mousse

Thursday

Chinese Style Chicken or Vegetarian Curry

Pork Tenderloin

Parsley Potatoes • Egg Noodles

Broccoli • Cauliflower

Baked Beans filled Jacket

Custard

Pear and Chocolate Sponge

Friday

Pizza Margherita

Beetroot

Minted Garden Peas

Chips

Jelly and Fruit Salad

Friday

Pizza

Sweetcorn

Baby Roast Potatoes

Assorted Yoghurts

Fresh Fruit

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13 March 2017

3 April 2017

8 May 2017

5 June 2017

26 June 2017

17 July 2017

Arctic Roll

Monday

Spaghetti Bolognese

Salmon Fish Fingers with Parsley Mayo

Garden Peas • Coleslaw

Country Diced Potatoes

Baked Beans filled Jacket Potato

Raspberry Ripple Mousse

Tuesday

Beef Burger* in Bun

Chicken Korma

Baked Beans • Green Beans

Chips • Steamed Rice

Chicken Mayo in Crusty Baguette

Chocolate Brownie Chocolate Sauce

Wednesday

Carrots • Sweetcorn

Mashed Potatoes

Turkey Pie*

BBQ Meatball Sub*

Seasoned Wedges

Tuna Crunch filled Jacket Potato

Oat Biscuit

Roast Chicken with Yorkshire Pudding

Tuna or Cheese Tortilla Wedge

Thursday

Broccoli • Beetroot

New Potatoes Savoury Vegetable Rice

Egg and Cress Sandwich

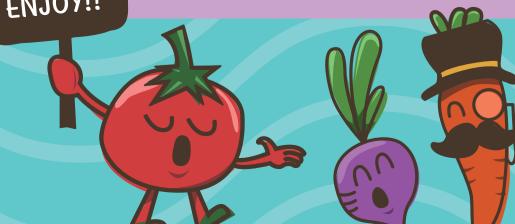
Lemon Drizzle Cake

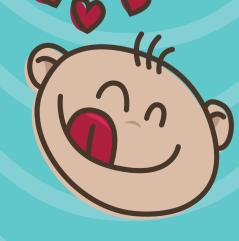
Custard

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Salad bar, selection of fresh bread and rolls available daily. Alternative Desserts: Fresh fruit, low fat yoghurt and cheese and biscuits. Choice of Drinks: Fruit juice drink, reduced fat milk, flavoured milk, chilled drinking water.

ENJOY!!





Keep yourself topped up concentrate all day long!

February 2017 - July 2017













with water - it will help you