

# LEWISHAM MENU WEEK 1

## Spring/Summer 2019

Week Starting: 22/04 13/05 10/06 01/07 22/07 02/09 23/09 14/10



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish 1	<b>Vegetable Bolognese Pasta**</b> <i>with Broccoli &amp; Cauliflower</i>	<b>Turkey Meatballs</b> <i>with Rice, Green Beans &amp; Sweetcorn</i>	<b>Roast Chicken</b> <i>with Roast Potatoes, Gravy, Carrots &amp; Cabbage</i>	<b>Jerk Chicken</b> <i>with Rice, Broccoli &amp; Mixed Vegetables</i>	<b>MSC Salmon Fish Fingers ***</b> <i>with Chips, Peas &amp; Baked Beans</i>
Main Dish 2	<b>Chinese Style Veggie Rice**</b> <i>with Broccoli &amp; Cauliflower</i>	<b>Tomato &amp; Mozzarella Pizza</b> <i>with Jacket Wedges (no oil), Green Beans &amp; Sweetcorn</i>	<b>Quorn Roast</b> <i>with Roast Potatoes, Gravy, Carrots &amp; Cabbage</i>	<b>Vegetable Lasagne</b> <i>with Garlic &amp; Herb Bread Wedge **, Broccoli &amp; Mixed Vegetables</i>	<b>Veggie Hotdog</b> <i>with Chips, Peas &amp; Baked Beans</i>
Deli Choice	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>
Salad Bar	<i>Coleslaw, Carrot Sticks, Cucumber, Tomato, Lettuce</i>	<i>Potato Salad, Pepper Sticks, Cucumber, Tomato, Lettuce</i>	<i>Pasta Salad, Sweetcorn, Cucumber, Tomato, Lettuce</i>	<i>Bean Salad, Grated Carrot, Cucumber, Tomato, Lettuce</i>	<i>Apple Slaw, Beetroot, Cucumber, Tomato, Lettuce</i>
Desserts	<b>Apple Oaty Flapjack</b> <i>with Fresh Fruit Slices *</i>	<b>Strawberry Swirl Sponge</b> <i>With Custard</i>	<b>Mango Frozen Yoghurt</b> <i>with Fresh Fruit Slices*</i>	<b>Brownie Cake</b> <i>with Cream</i>	<b>Peach &amp; Berry Chill</b> <i>with Fresh Fruit Slices*</i>
	<b>Yoghurt &amp; Fresh Fruit Slices*</b>	<b>Yoghurt &amp; Fresh Fruit Salad*</b>	<b>Yoghurt &amp; Fresh Fruit Slices*</b>	<b>Yoghurt &amp; Fresh Fruit Salad*</b>	<b>Yoghurt &amp; Fresh Fruit Slices*</b>

Offered Daily: Fresh Bread, 5 Choice Salad Bar, Fresh Fruit, Yoghurt, Milk & Water

\*\*\*\*Deli/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.

\*50%Fruit Based \*\*Wholegrain \*\*\*Oily Fish



Chartwells Lewisham are Sugar Smart  
find out more, visit our website:  
[www.lewishamschoolmeals.co.uk](http://www.lewishamschoolmeals.co.uk)



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

# LEWISHAM MENU WEEK 2

## Spring/Summer 2019

Week Starting: 29/04 20/05 17/06 08/07 09/09 30/09



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Dish 1</b>	<b>Quorn Meatball Sub</b> with Jacket Wedges (no oil), Sweetcorn & Peas	<b>Lamb Bolognese Pasta</b> with Green Beans & Cauliflower	<b>Roast Turkey</b> with Roast Potatoes, Gravy, Cabbage & Carrots	<b>Chicken &amp; Tomato Spicy Rice**</b> with, Broccoli & Mixed Vegetables	<b>Battered MSC Pollock Fish Fillet</b> with Chips, Peas & Baked Beans
<b>Main Dish 2</b>	<b>Tomato and Basil Pasta**</b> With Sweetcorn & Peas	<b>Vegetarian Sausages</b> with Mashed Potato, Green Beans & Cauliflower	<b>Shepherdess Pie</b> with Cabbage & Carrots	<b>Veggie Noodles</b> with Broccoli & Mixed Vegetables	<b>Macaroni Cheese</b> with Peas & Baked Beans
<b>Deli Choice</b>	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>
<b>Salad Bar</b>	<i>Coleslaw, Carrot Sticks, Cucumber, Tomato, Lettuce</i>	<i>Potato Salad, Pepper Sticks, Cucumber, Tomato, Lettuce</i>	<i>Pasta Salad, Sweetcorn, Cucumber, Tomato, Lettuce</i>	<i>Bean Salad, Grated Carrot, Cucumber, Tomato, Lettuce</i>	<i>Apple Slaw, Beetroot, Cucumber, Tomato, Lettuce</i>
<b>Desserts</b>	<b>Chocolate Cake</b> with Custard  <b>Yoghurt &amp; Fresh Fruit Bowl*</b>	<b>Apple &amp; Carrot Traybake</b> with Fresh Fruit Slices*  <b>Yoghurt &amp; Fresh Fruit Slices*</b>	<b>Vanilla Ice Cream</b> with Fresh Fruit Slices*  <b>Yoghurt &amp; Fresh Fruit Slices*</b>	<b>Pear Upside Down Cake</b> with Custard  <b>Yoghurt &amp; Fresh Fruit Salad*</b>	<b>Oaty Biscuit</b> with Fresh Fruit Slices*  <b>Yoghurt &amp; Fresh Fruit Slices*</b>

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# LEWISHAM MENU WEEK 3

## Spring/Summer 2019

Week Starting: 06/05 03/06 24/06 15/07 16/09 07/10



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Dish 1</b>	<b>BBQ Quorn Burger</b> <i>with Jacket Wedges (no oil), Broccoli &amp; Carrots</i>	<b>Lamb Lasagne</b> <i>with Garlic &amp; Herb Bread Wedge **, Peas &amp; Roast Vegetables</i>	<b>Roast Chicken</b> <i>with Roast Potatoes, Gravy, Carrots &amp; Cabbage</i>	<b>Chicken &amp; Vegetable Noodles</b> <i>with Sweetcorn &amp; Mixed Vegetables</i>	<b>Golden MSC Cod Fish Fingers</b> <i>with Chips, Baked Beans &amp; Peas</i>
<b>Main Dish 2</b>	<b>Mild Chickpea &amp; Potato Curry</b> <i>with Rice**, Broccoli &amp; Carrots</i>	<b>Vegetable Supreme Pizza</b> <i>with Jacket Wedges (no oil), Peas &amp; Roast Vegetables</i>	<b>Sweet Potato and Chickpea Roast</b> <i>with Roast Potatoes, Gravy, Carrots &amp; Cabbage</i>	<b>Vegetarian Paella**</b> <i>with Sweetcorn &amp; Mixed Vegetables</i>	<b>Crispy Quorn Nuggets</b> <i>with Chips, Baked Beans &amp; Peas</i>
<b>Deli Choice</b>	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>
<b>Salad Bar</b>	<i>Coleslaw, Carrot Sticks, Cucumber, Tomato, Lettuce</i>	<i>Potato Salad, Pepper Sticks, Cucumber, Tomato, Lettuce</i>	<i>Pasta Salad, Sweetcorn, Cucumber, Tomato, Lettuce</i>	<i>Bean Salad, Grated Carrot, Cucumber, Tomato, Lettuce</i>	<i>Apple Slaw, Beetroot, Cucumber, Tomato, Lettuce</i>
<b>Desserts</b>	<b>Peach Slice</b> <i>with Fresh Fruit Slices*</i>	<b>Lemon Drizzle Cake</b> <i>with Fresh Fruit Slices*</i>	<b>Strawberry Frozen Yoghurt</b> <i>with Fresh Fruit Slices*</i>	<b>Apple and Berry Crumble</b> <i>with Custard</i>	<b>Chocolate Shortbread</b> <i>with Fresh Fruit Slices*</i>
	<b>Yoghurt &amp; Fresh Fruit Bowl*</b>	<b>Yoghurt &amp; Fresh Fruit Salad*</b>	<b>Yoghurt &amp; Fresh Fruit Slices*</b>	<b>Yoghurt &amp; Fresh Fruit Salad*</b>	<b>Yoghurt &amp; Fresh Fruit Slices*</b>

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