ASHTON HOUSE SPRING TERM LUNCH MENU

Child's Name: _____   Year: _____

Please return your choices to school by:

	Week 1	Week 2	Week 3
Mon	◯ Roast chicken with potato mash and gravy ◯ Penne in Napolitano tomato sauce V ◯ Plain boiled pasta with cheese V All served with steamed vegetables *Dessert: Vanilla yoghurt with stewed berries on the side or fresh fruit*	◯ Japanese style chicken stir-fry with noodles ◯ Japanese style Quorn stir-fry with noodles V ◯ Plain boiled pasta with cheese V All served with peas and sweetcorn *Dessert: Fresh fruit*	◯ Greek style lamb mince and potato moussaka ◯ Greek style Quorn mince and potato moussaka V ◯ Vegetable rice with Greek yoghurt V *Dessert: Warm assorted muffins*
Tues	◯ Lamb puffs w roast pumpkin and sweet potato ◯ Quorn puffs w roast pumpkin and sweet potato V ◯ Jacket potato with cheese V *Dessert: Jelly and ice cream*	◯ Lamb and potato curry with naan ◯ Chickpea and potato curry with naan V ◯ Jacket potato with cheese V All served with steamed vegetables *Dessert: Vanilla yoghurt with stewed berries or fresh fruit*	◯ Pork casserole with noodles ◯ Quorn and vegetable casserole with noodles V ◯ Jacket potato with cheese V Dessert: Trifle
Wed	◯ Butter Chicken with naan and Bombay potatoes ◯ Margarita pizza served with peppers and sweetcorn V ◯ Creamy butter pasta with cheese V *Dessert: Fresh fruit*	◯ Garlic honey soy chicken drumsticks with rice ◯ Macaroni and cheese V ◯ Plain boiled pasta with cheese V All served with steamed vegetables *Dessert: Banana and custard*	◯ Pomodoro chicken linguini ◯ Pomodoro linguini with feta cheese V ◯ Plain boiled pasta with cheese V All served with steamed vegetables *Dessert: Assorted yoghurts*
Thurs	◯ Five bean lamb chilli with warm tortillas ◯ Five bean Quorn chilli with warm tortillas V ◯ Plain boiled pasta with cheese V *Dessert: Oat cookies*	◯ Chicken minestrone soup with petit pains ◯ Bean minestrone soup with petit pains V ◯ Jacket potato with peas and baked beans V *Dessert: Homemade chocolate cake with custard*	◯ Pork sausages with Yorkshire pudding ◯ Sweet potato and chickpea curry V ◯ Creamy butter pasta with cheese V All served with steamed vegetables *Dessert*: Fresh fruit
Fri	◯ Tuna pasta bake ◯ Soya burgers in a bap V ◯ Plain boiled pasta with cheese V All served with peas *Dessert: Apple strudel*	◯ Fish nuggets with oven baked potato wedges ◯ Vegetable and Quorn mince lasagne V ◯ Plain boiled pasta with cheese V All served with peas and sweetcorn *Dessert: Jelly and ice cream*	◯ Malay style fish curry with basmati rice ◯ Cheese and peas curry basmati rice V ◯ Jacket potato with cheese V All served with sweetcorn *Dessert: Flapjack and custard*
Buttered wholemeal bread, fresh salad and mixed fruit is available at every meal. (Children who do not return a menu to school will be served the vegetarian option)			