

## MERTON COURT SCHOOL LUNCHES – AUTUMN/SPRING 2023/2024

*All meals are cooked fresh on the premises daily. Many dishes include hidden vegetables so the children are eating more than they think!*

### WEEK 1

<b><u>MEAT-FREE MONDAY</u></b>	<b><u>TUESDAY</u></b>	<b><u>WEDNESDAY</u></b>	<b><u>THURSDAY</u></b>	<b><u>FRIDAY</u></b>
Tomato & Cheese Pasta Bake	Sweet & Sour Chicken ~ Sweet & Sour Vegetables	Roast of the Week ~ Quorn Roast	Cowboy Casserole ~ Vegetarian Cowboy Casserole	Homemade Breaded Goujons ~ Vegetable Nuggets
Steamed Sweetcorn	Steamed Rice	Crispy Roast Potatoes, Green Beans & Sliced Carrots	Creamy Mashed Potato	Baked Potato Wedges & Garden Peas
Freshly-prepared Salad Bar	Freshly-prepared Salad Bar	NO SALAD	Freshly-prepared Salad Bar	Freshly-prepared Salad Bar
Flapjack ~ Fresh Fruit / Yoghurt	Apple Pie & Creamy Custard ~ Fresh Fruit / Yoghurt	Fruity Jelly ~ Fresh Fruit / Yoghurt	Marble Sponge & Chocolate Custard ~ Fresh Fruit / Yoghurt	Creamy Rice Pudding ~ Fresh Fruit / Yoghurt

**Our freshly-prepared salad bar includes:** Continental lettuce leaves, homemade crunchy coleslaw, Merton Court salad, homemade potato salad, carrot & sultana salad, celery & apple salad, tomato relish, sliced tomatoes, sliced cucumbers, sliced onions, celery; plus, either kidney beans, sweetcorn or chickpeas. Served with salad cream, mayonnaise or vinaigrette dressing.

**Wholemeal bread with butter is available at all meals.**  
**All children are encouraged to have salad as part of their meal.**

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### WEEK 2

<b><u>MEAT-FREE MONDAY</u></b>	<b><u>TUESDAY</u></b>	<b><u>WEDNESDAY</u></b>	<b><u>THURSDAY</u></b>	<b><u>FRIDAY</u></b>
<i>Puff Pastry Pizza Pinwheels</i>	<i>Katsu Chicken Curry ~ Katsu Quorn Curry</i>	<i>Cottage Pie ~ Vegetarian Cottage Pie</i>	<i>Locally Produced Pork Sausages with Gravy ~ Plant Based Sausages with Gravy</i>	<i>Creamy Carbonara with Peas ~ Creamy Vegetarian Carbonara with Peas</i>
<i>Baby Potatoes &amp; Steamed Medley of Vegetables</i>	<i>Steamed Rice &amp; Fresh Steamed Broccoli</i>	<i>Steamed Sliced Carrots</i>	<i>Creamy Mashed Potato &amp; Green Peas</i>	<i>Steamed Green Beans</i>
<i>Freshly-prepared Salad Bar</i>	<i>Freshly-prepared Salad Bar</i>	<i>Freshly-prepared Salad Bar</i>	<i>Freshly-prepared Salad Bar</i>	<i>Freshly-prepared Salad Bar</i>
<i>Apple Crumble &amp; Creamy Custard ~ Fresh Fruit / Yoghurt</i>	<i>Homemade Blueberry Muffins ~ Fresh Fruit / Yoghurt</i>	<i>Golden Syrup Sponge &amp; Creamy Custard ~ Fresh Fruit / Yoghurt</i>	<i>Sticky Toffee Pudding &amp; Creamy Custard ~ Fresh Fruit / Yoghurt</i>	<i>Smartie Cookie ~ Fresh Fruit / Yoghurt</i>

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<i>Jacket Potatoes with Mild Vegetable Curry</i>	<i>Mexican Chicken Tacos ~ Mexican Vegetable Tacos</i>	<i>Chicken &amp; Leek Pie ~ Leek &amp; Potato Pie</i>	<i>Beef &amp; Vegetable Stew ~ Vegetable Stew</i>	<i>Oven Baked Cod ~ Fishless Fingers</i>
<i>Baked Beans</i>	<i>Vegetable Savoury Rice</i>	<i>Roasted Herby New Potatoes &amp; Green Beans</i>	<i>Creamy Mashed Potato &amp; Steamed Sliced Carrots</i>	<i>Oven Baked Chips &amp; Garden Peas</i>
<i>Freshly-prepared Salad Bar</i>	<i>Freshly-prepared Salad Bar</i>	<i>Freshly-prepared Salad Bar</i>	<i>Freshly-prepared Salad Bar</i>	<i>Freshly-prepared Salad Bar</i>
<i>Pineapple Upside Down Cake &amp; Creamy Custard ~ Fresh Fruit / Yoghurt</i>	<i>Homemade Creamy Forest Fruit Mousse ~ Fresh Fruit / Yoghurt</i>	<i>Iced Vanilla Sponge ~ Fresh Fruit / Yoghurt</i>	<i>Rocky Road ~ Fresh Fruit / Yoghurt</i>	<i>Jam Tart &amp; Creamy Custard ~ Fresh Fruit / Yoghurt</i>

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