

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

<u>MEAT-FREE MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
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.

Fresh water is available for children to drink in EY/J1 throughout the day

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WEEK 2

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

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WEEK 3

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

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