

MERTON COURT SCHOOL LUNCHES – AUTUMN/SPRING 2024/2025

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>
<i>Cheese & Tomato Pizza</i>	<i>Cottage Pie ~ Vegetarian Cottage Pie</i>	<i>Chicken Tikka Curry ~ Vegetable Tikka Curry</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>Steamed Sweetcorn</i>	<i>Steamed Broccoli</i>	<i>Steamed Rice</i>	<i>Creamy Mashed Potato & Garden 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 & Creamy Custard ~ Fresh Fruit / Yoghurt</i>	<i>Jam Tart & Creamy Custard ~ Fresh Fruit / Yoghurt</i>	<i>Iced Vanilla Sponge ~ Fresh Fruit / Yoghurt</i>	<i>Sticky Toffee Pudding & Creamy Custard ~ Fresh Fruit / Yoghurt</i>	<i>Smartie Cookie ~ Fresh Fruit / Yoghurt</i>

Our freshly-prepared salad bar includes: Continental lettuce leaves, homemade crunchy coleslaw, Merton Court salad, homemade potato salad, carrot, sliced tomatoes, cucumbers, onions, olives & peppers.

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

<u>MEAT-FREE MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<i>Tomato & Cheese Pasta Bake</i>	<i>Beef Vegetable Stew ~ Vegetable Stew</i>	<i>Mexican Chicken Tacos ~ Mexican Vegetable Tacos</i>	<i>Cowboy Casserole ~ Vegetarian Cowboy Casserole</i>	<i>Cod Fish Fingers ~ Fishless Fingers</i>
<i>Steamed Sweetcorn</i>	<i>Creamy Mashed Potato & Green Beans</i>	<i>Vegetable Savoury Rice</i>	<i>Creamy Mashed Potato</i>	<i>Potato Wedges & 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 & Creamy Custard ~ Fresh Fruit / Yoghurt</i>	<i>Homemade Blueberry Muffins ~ Fresh Fruit / Yoghurt</i>	<i>Cherry Pie & Creamy Custard ~ Fresh Fruit / Yoghurt</i>	<i>Rocky Road ~ Fresh Fruit / Yoghurt</i>	<i>Creamy Homemade Rice Pudding ~ Fresh Fruit / Yoghurt</i>

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WEEK 3

<u>MEAT-FREE MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<i>Jacket Potatoes with Vegetable Curry</i>	<i>Chicken & Leek Pie ~ Leek & Potato Pie</i>	<i>Roast of the Week ~ Sweet Potato & Chickpea Loaf</i>	<i>Chilli con Carne ~ Vegetable Chilli Con Carne</i>	<i>Chicken & Vegetable Stir-Fry Noodles ~ Vegetable Stir-Fry Noodles</i>
<i>Baked Beans</i>	<i>New Potatoes & Broccoli</i>	<i>Roast Potatoes, Green Beans & Carrots</i>	<i>Steamed Rice</i>	
<i>Freshly-prepared Salad Bar</i>	<i>Freshly-prepared Salad Bar</i>	NO SALAD BAR	<i>Freshly-prepared Salad Bar</i>	<i>Freshly-prepared Salad Bar</i>
<i>Marble Sponge & Chocolate Custard ~ Fresh Fruit / Yoghurt</i>	<i>Fruit Jelly ~ Fresh Fruit / Yoghurt</i>	<i>Flapjack ~ Fresh Fruit / Yoghurt</i>	<i>Golden Syrup Sponge & Creamy Custard ~ Fresh Fruit / Yoghurt</i>	<i>Lemon Drizzle Cake ~ Fresh Fruit / Yoghurt</i>

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