








Lingham Primary School - Week One



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Hotdogs Choose from a Butcher's quality sausage or Quorn sausage served in a finger roll wedge & sweetcorn</p> 	 <p>Spaghetti Bolognaise Choose from fresh minced beef or Veggie mince cooked with onions, garlic, tomatoes, and herbs, served on a bed of pasta with broccoli.</p>	<p>Roast Dinner Choose from either home roasted or a Quorn fillet served with roast potatoes, carrots, cauliflower, apple sauce and gravy</p> 	 <p>Creamy Chicken Curry Choose from a homemade Creamy Chicken Curry or a creamy Quorn Curry served with Basmati Rice, Naan bread</p>	<p>Fish & Chips Choose from either Battered Cod fillet, Cod fillet fish fingers, or Quorn nuggets oven and served with chips and peas or baked beans.</p> 

Jacket Potatoes and Paninis are also available daily as a hot alternative

Or

Deli Bar - Available Everyday

Design your own sandwich, first choose your bread - wraps, assorted batch, then choose your filling a selection of the following will be available daily - ham, cheese, tuna, turkey, egg and finally. finish with a choice of salad - carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers.

Dessert

Fresh Fruit, Fruit Pots, Yogurts and Cheese and Crackers are available daily along with the dessert of the day






Drink

A selection of fresh fruit juice and fresh milkshakes, milk and water will be available daily



Lingham Primary School - Week Two








MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Pasta Bar Pasta served with your chosen topping choose from Tomato or cheese sauce, topped with ham, cheese or pepperoni and sweetcorn</p> 	 <p>Chilli Nachos Choose from either fresh minced beef or Veggie mince cooked with onions, mild chilli powder, red peppers and red kidney beans & nachos and served on a bed rice</p>	<p>Roast Dinner Choose from either home roasted or a Quorn fillet, served with roast potatoes, carrots, green beans, and gravy</p> 	 <p>Katsu Curry Breaded chicken goujons baked in the oven and served on a bed of basmati rice with a homemade Katsu curry sauce and broccoli</p>	<p>Fish & Chips Choose from either Battered Cod fillet, Cod fillet fish fingers, or Quorn nuggets oven and served with chips and peas or baked beans</p> 
Jacket Potatoes and Paninis are also available daily as a hot alternative				
Or				
<p>Deli Bar - Available Everyday Design your own sandwich, first choose your bread - wraps, assorted batch then choose your filling a selection of the following will be available daily - ham, cheese, tuna, turkey, egg and finally. finish with a choice of salad - carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers.</p>				
<p>Dessert Fresh Fruit, Fruit Pots, Yogurts and Cheese and Crackers are available daily along with the dessert of the day</p>				
Drink				
A selection of fresh fruit juice and fresh milkshakes, milk and water will be available daily				



Lingham Primary School - Week Three



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Homemade Pizza Choose from cheese & tomato or pepperoni served with sweetcorn and potato wedges</p> 	 <p>Fajita's Choose from fresh chicken strips or Quorn strips cooked in a mild Fajita seasoning and served in a tortilla wrap with shredded lettuce, strips of peppers, tomatoes, and coleslaw, with mayonnaise and BBQ dips. Served with savoury rice.</p>	<p>Roast Dinner Choose from either home roasted or a Quorn fillet served with Yorkshire pudding, roast potatoes, carrots, green beans, and gravy.</p> 	 <p>Homemade Sausage Rolls Choose from either traditional pork sausage meat or cheese and onion, served with mashed potato peas or baked beans</p>	<p>Fish & Chips Choose from either Battered Cod fillet, Cod fillet fish fingers, or Quorn nuggets oven and served with chips and peas or baked beans</p> 

Jacket Potatoes and Paninis are also available daily as a hot alternative

Or

Delì Bar - Available Everyday

Design your own sandwich, first choose your bread - wraps, assorted batch, then choose your filling a selection of the following will be available daily - ham, cheese, tuna, turkey, egg and finally. finish with a choice of salad - carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers.

Dessert

Fresh Fruit, Fruit Pots, Yogurts and Cheese and Crackers are available daily along with the dessert of the day

Drink

A selection of fresh fruit juice and fresh milkshakes, milk and water will be available daily