

Lewisham FFL Autumn Winter 2019

Menu Week 1

28/10 18/11 09/12 06/01 27/01 24/02 16/03

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	5 Spice Veggie Noodles	BBQ Beef Meatballs <i>with Pasta**</i>	Roast Chicken <i>with Roast Potatoes & Gravy</i>	Chinese Chicken Noodles	MSC Salmon Fish Fingers*** & Chips
Alternative Dish	Tomato and Basil Pasta**	Cheese and Tomato Pizza with Potato Wedges	Vegetable Pastry Slice <i>with Roast Potatoes & Gravy</i>	Quorn Bolognese** <i>with Pasta</i>	Quorn Dippers <i>with Chips</i>
Schools Choice	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****
Vegetables	Peas Carrots	Green Beans Cauliflower	Carrots Cabbage	Sweetcorn Roast Vegetables	Baked Beans Peas
Salad Bar	Celery & Apple, Tomato, Cucumber, Lettuce, Carrot	Potato Salad, Tomato, Cucumber, Lettuce, Sweetcorn	Pasta Salad, Tomato, Cucumber, Lettuce, Peppers	Beetroot Salad, Tomato, Cucumber, Lettuce, Carrot	Coleslaw, Tomato, Cucumber, Lettuce, Sweetcorn
Desserts	Chocolate Cake <i>with Fresh Fruit Slices</i>	Apple and Pear Strudel* <i>with Custard</i>	Blueberry Frozen Yoghurt & Fruit Slices	Pineapple Cake <i>with Fresh Fruit Slices*</i>	Shortbread Biscuit <i>with Fresh Fruit Slices</i>
	Yoghurt & Fresh Fruit Salad*	Yoghurt & Fresh Fruit Slices*	Yoghurt & Fresh Fruit Bowl*	Yoghurt & Fresh Fruit Slices*	Yoghurt & Fresh Fruit Salad*

Cool Milk or Water & Freshly Baked Bread available daily

****Schools Choice: Filled Jacket Potato, Extra Pasta Dish, Sandwich/Baguette (Subject to availability)

Please speak to the Catering Manager for special dietary requirements and allergen information
Vegetables & Fruit are subject to seasonal variation. Menu is subject to individual school changes.

*Fruit Based **Wholegrain ***Oily Fish



Chartwells Lewisham are Sugar Smart
find out more, visit our website:
www.lewishamschoolmeals.co.uk



Seafood with this mark comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery

MSC-C-50704

Lewisham FFL Autumn Winter 2019

Menu Week 2

04/11 25/11 16/12 13/01 03/02 02/03 23/03

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Quorn Spaghetti Bake	Jerk Chicken <i>with Rice & Peas</i>	Roast Turkey <i>with Roast Potatoes & Gravy</i>	Beef Lasagne <i>with Garlic & Herb Bread Wedge**</i>	MSC Cod Fish Fingers & Chips
Alternative Dish	Veggie Korma <i>with Rice**</i>	Sweet Potato Burger <i>with Potato Wedges</i>	Quorn Roast <i>with Roast Potatoes & Gravy</i>	Mild Chilli Cheese Burrito Wrap	Veggie Pizza Hot Dog <i>with Chips</i>
Schools Choice	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****
Vegetables	Sweetcorn Broccoli	Cauliflower Peas	Carrots Roast Parsnips	Green Beans Sweetcorn	Baked Beans Peas
Salad Bar	Celery & Apple, Tomato, Cucumber, Lettuce, Carrot	Potato Salad, Tomato, Cucumber, Lettuce, Sweetcorn	Pasta Salad, Tomato, Cucumber, Lettuce, Peppers	Beetroot Salad, Tomato, Cucumber, Lettuce, Carrot	Coleslaw, Tomato, Cucumber, Lettuce, Sweetcorn
Desserts	Chocolate & Raspberry Swirl Cake <i>with Fruit Slices</i>	Apple and Berry Crumble* <i>with Custard</i>	Mango Frozen Yoghurt <i>with Fresh Fruit Slices</i>	Oat Flapjack <i>with Fresh Fruit Slices*</i>	Banana and Cinnamon Cake* <i>with Fresh Fruit Slices</i>
	Yoghurt & Fresh Fruit Slices*	Yoghurt & Fresh Fruit Salad*	Yoghurt & Fresh Fruit Bowl*	Yoghurt & Fresh Fruit Salad*	Yoghurt & Fresh Fruit Slices*

Cool Milk or Water & Freshly Baked Bread available daily

****Schools Choice: Filled Jacket Potato, Extra Pasta Dish, Sandwich/Baguette (Subject to availability)

Please speak to the Catering Manager for special dietary requirements and allergen information

Vegetables & Fruit are subject to seasonal variation. Menu is subject to individual school changes.

*Fruit Based **Wholegrain ***Oily Fish



Chartwells Lewisham are Sugar Smart
find out more, visit our website:
www.lewishamschoolmeals.co.uk



Seafood with this mark comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery

MSC-C-50704

Lewisham FFL Autumn Winter 2019

Menu Week 3

11/11 02/12 20/01 10/02 09/03 30/03

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	BBQ Quorn Burger <i>with Potato Wedges</i>	Lemon & Ginger Chinese Chicken <i>with Rice</i>	'School's Choice' Roast <i>with Roast Potatoes & Gravy</i>	Beef Bolognese Pasta**	Crispy MSC Pollock Fillet & Chips
Alternative Dish	Mild Sweet Potato Curry <i>with Rice</i>	Vegetable Lasagne <i>with a Garlic & Herb Bread Wedge**</i>	Vegetarian Sausages <i>with Roast Potatoes & Gravy</i>	Matar Paneer Curry <i>with Rice</i>	Macaroni Cheese Pasta
Schools Choice	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****
Vegetables	Carrots Sweetcorn	Green Beans Roast Vegetables	Cabbage Carrots	Broccoli Sweetcorn	Peas Baked Beans
Salad Bar	Celery & Apple, Tomato, Cucumber, Lettuce, Carrot	Potato Salad, Tomato, Cucumber, Lettuce, Sweetcorn	Pasta Salad, Tomato, Cucumber, Lettuce, Carrot, Peppers	Beetroot Salad, Tomato, Cucumber, Lettuce, Carrot	Coleslaw, Tomato, Cucumber, Lettuce, Sweetcorn
Desserts	Chocolate Slice* <i>with Fresh Fruit</i>	Apple Crumble* <i>with Custard</i>	Strawberry Frozen Yoghurt <i>with Fresh Fruit Slices</i>	Baked Orange and Vanilla Rice Pudding <i>with Fruit Slices</i>	Raspberry Yoghurt Cake <i>with Fresh Fruit Slices</i>
	Yoghurt & Fresh Fruit Salad*	Yoghurt & Fresh Fruit Slices*	Yoghurt & Fresh Fruit Bowl*	Yoghurt & Fresh Fruit Slices*	Yoghurt & Fresh Fruit Salad*

Cool Milk or Water & Freshly Baked Bread available daily

****Schools Choice: Filled Jacket Potato, Extra Pasta Dish, Sandwich/Baguette (Subject to availability)

Please speak to the Catering Manager for special dietary requirements and allergen information

Vegetables & Fruit are subject to seasonal variation. Menu is subject to individual school changes.

*Fruit Based **Wholegrain ***Oily Fish



Chartwells Lewisham are Sugar Smart
find out more, visit our website:
www.lewishamschoolmeals.co.uk



Seafood with this mark comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery

MSC-C-50704