

# East Sussex Primary Back to School Term 1 2020 Menu

Week 1 w/c 31/8, 21/9, & 12/10

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	<b>Cheese and Tomato Pizza ** with Potato Wedges</b>  Cheesy Tomato Topped Pizza Slice	<b>Baked Macaroni (V)</b>  Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce	<b>Chicken Burger with Potato Wedges</b>  Roast chicken served in a soft bun with lettuce and mayo	<b>Pasta Bolognese **</b>  A classic Italian beef Bolognese in a yummy tomato sauce	<b>Golden Fish Fingers and Chips</b>  Crispy Fish Fingers and scrummy chips
Alternative Dish					<b>Quorn Nuggets and Chips (V)</b>  Crispy Quorn nuggets with their fave sauce – ketchup
Packed Lunch	<b>Ham, Cheese, Tuna Mayo or Egg Mayo Sandwich or Baguette served with Veg Sticks And Fresh Fruit or Dessert of the Day</b>				
Jacket Potato	<b>Jacket Potato With Cheese, Baked Beans or Tuna Mayo</b>				
Pasta	<b>Tomato and Basil Pasta ** (V)</b> A delicious tomato and basil sauce with penne pasta				
Vegetables	<b>Carrots Sweetcorn</b>	<b>Peas Broccoli</b>	<b>Carrots Broccoli</b>	<b>Broccoli Sweetcorn</b>	<b>Baked Beans Peas</b>
Desserts	<b>Chocolate Brownie</b>	<b>Raspberry Ripple Ice Cream</b>	<b>Fruit &amp; Yoghurt</b>	<b>Oatie Biscuit with Fruit Slices</b>	<b>Strawberry Swirl Sponge</b>

Cool Water, Fresh Fruit and Yoghurt available daily



# East Sussex Primary Back to School Term 1 2020 Menu

## Week 2 w/c 7/9, 28/9 & 19/10

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	<b>Veggie Hotdog with Potato Wedges (V)</b>  Our favourite veggie hotdog served with ketchup in a soft sub roll	<b>Baked Macaroni (V)</b>  Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce	<b>Roast Chicken with Roast Potatoes and Gravy</b>  Moist roast chicken with fluffy roasties and tasty gravy	<b>Veggie Sausage and Mash Potato with Gravy (V)</b>  Fluffy mash with veggie sausages and rich gravy	<b>Crispy Fish Fillet</b>  Crispy Fish Fillet and scrummy chips
Alternative Dish					<b>Quorn Nuggets and Chips (V)</b>  Crispy Quorn nuggets with their fave sauce – ketchup
Packed Lunch	<b>Ham, Cheese, Tuna Mayo or Egg Mayo Sandwich or Baguette served with Veg Sticks And Fresh Fruit or Dessert of the Day</b>				
Jacket Potato	<b>Jacket Potato With Cheese, Baked Beans or Tuna Mayo</b>				
Pasta	<b>Tomato and Basil Pasta ** (V)</b> A delicious tomato and basil sauce with penne pasta				
Vegetables	<b>Sweetcorn Broccoli</b>	<b>Carrots Peas</b>	<b>Sweetcorn Broccoli</b>	<b>Sweetcorn Carrots</b>	<b>Peas Baked Beans</b>
Desserts	<b>Fruit &amp; Yoghurt</b>	<b>Apple &amp; Carrot Yoghurt Muffin</b>	<b>Strawberry Ice Cream</b>	<b>Chocolate Cake</b>	<b>Oatie Biscuit with Fruit Slices</b>

Cool Water, Fresh Fruit and Yoghurt available daily





# East Sussex Primary Back to School Term 1 2020 Menu

## Week 3 w/c 14/9 & 5/10

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	<b>Vegetable Supreme Pizza **</b> <i>with Potato Wedges</i>  Cheesy tomato topped pizza slice topped with sweetcorn and peppers	<b>Sausage and Mash Potato with Gravy</b>  Traditional Pork Sausage and Mash with rich Gravy	<b>Roast Chicken with Roast Potatoes and Gravy</b>  Moist roast chicken with fluffy roasties and tasty gravy	<b>Pasta Bolognese **</b>  A classic Italian beef Bolognese in a yummy tomato and beef sauce	<b>Golden Fish Fingers and Chips</b>  Crispy Fish Fingers and scrummy chips
Alternative Dish					<b>Quorn Nuggets and Chips (V)</b>  Crispy Quorn nuggets with their fave sauce – ketchup
Packed Lunch	Ham, Cheese, Tuna Mayo or Egg Mayo Sandwich or Baguette served with Veg Sticks And Fresh Fruit or Dessert of the Day				
Jacket Potato	Jacket Potato With Cheese, Baked Beans or Tuna Mayo				
Pasta	<b>Tomato and Basil Pasta ** (V)</b> A delicious tomato and basil sauce with penne pasta				
Vegetables	Sweetcorn Broccoli	Peas Carrots	Carrots Peas	Sweetcorn Broccoli	Baked Beans Peas
Desserts	Raspberry Yoghurt Cake	Fruit & Yoghurt	Flapjack with Fruit Slices *	Chocolate Brownie	Vanilla Ice Cream

Cool Water, Fresh Fruit and Yoghurt available daily

