

Dulwich Hamlet Junior School

Spring 2019 Menu Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Mac 'N' Cheese <i>Macaroni Cheese</i>	Home made Beef Burger Bun <i>with Jacket Wedges</i>	Roast Turkey <i>with Roast Potatoes & Gravy</i>	Pork Ragu <i>with Rice **</i>	Crispy Fish & Chips <i>Crispy Battered Pollock with Chips</i>
Alternative Dish	Mild Potato and Chickpea Curry <i>with Rice **</i>	Creamy Broccoli and Sweetcorn Pasta **	Sweet Potato and Chickpea Roast <i>with Roast Potatoes and Gravy</i>	Vegetable and Cream Cheese Crumble <i>with New Potatoes</i>	Quorn Dippers <i>with Chips</i>
Vegetables	Sweetcorn Peas	Roasted Vegetables Carrots	Green Beans Cauliflower	Carrots Broccoli	Baked Beans Crunchy Coleslaw
Desserts	Flapjack <i>with Fruit Slices *</i>	Pear and Ginger Crumble * <i>with Custard</i>	Chocolate Ice Cream	Brownie Cake	Lemon Shortbread

Jacket Potato with various toppings, Cool Water, Fresh Fruit and Yoghurt served daily

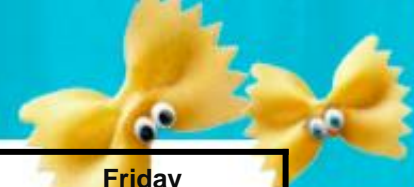
*Fruit Based **Wholegrain ***Oily Fish

w/c: 07/01, 28/01, 25/02, 18/03



Dulwich Hamlet Junior School

Spring 2019 Menu Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Mozzarella & Tomato Pizza ** <i>with Pasta Salad **</i>	Pork Sausages <i>with Cheesy Mash</i>	Roast Turkey <i>with Roast Potatoes and Gravy</i>	Chicken and Tomato Lasagne <i>with Garlic & Herb Bread Wedge **</i>	Golden Fish Fingers & Chips <i>Breaded Fish Fingers with Chips</i>
Alternative Dish	Vegetable Biryani	Vegetarian Sausages <i>with Cheesy Mash</i>	Cauliflower and Broccoli Cheese Bake <i>with Roast Potatoes</i>	<i>Vegetarian Moussaka</i> <i>With Garlic & Herb Bread</i>	Mediterranean Tart <i>(pastry restricted) with Chips</i>
Vegetables	Broccoli Sweetcorn	Baked Beans Roasted Vegetables	Roast Parsnip Carrots	Green Beans Cauliflower	Peas Baked Beans
Desserts	Vanilla Ice Cream	St Clements Sponge Cake	Oatie Biscuit <i>with Fruit Slices *</i>	Apple and Berry Crumble * <i>with Custard</i>	Banana and Apricot Flapjack

Jacket Potato with Various Fillings, Cool Water, Fresh Fruit and Yoghurt served daily

*Fruit Based **Wholegrain ***Oily Fish

w/c:14/01, 04/02, 04/03, 25/03



Dulwich Hamlet Junior School

Spring 2019 Menu Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Mozzarella & Tomato Pizza ** <i>with Jacket Wedges</i>	Chicken and Broccoli Pie <i>(pastry restricted)</i> <i>with New Potatoes</i>	Roast Pork <i>with Roast Potatoes and Gravy</i>	Beef Macaroni Bake <i>with Garlic & Herb Bread Wedge **</i>	Salmon Fish Fingers *** <i>with Chips</i>
Alternative Dish	Mac N Cheese Pot <i>with BBQ Bake beans</i>	Creamy Tomato and Basil Pasta **	Quorn Roast <i>with Roast Potatoes with Gravy</i>	Vegetable Korma <i>with rice **</i>	Baked Bean and Cheese Quesadilla <i>with Chips</i>
Vegetables	Peas Roasted Vegetables	Carrots Green Beans	Seasonal Cabbage Carrot and Swede Mash	Broccoli Sweetcorn	Peas Crunchy Coleslaw
Desserts	Strawberry Ice Cream	Raspberry Ripple Cake	Peach Slice	Shortbread Fingers <i>with Fruit Slices *</i>	Pineapple Upside Down Cake * <i>with Custard</i>
Jacket Potato with Various Fillings, Cool Water, Fresh Fruit and Yoghurt served daily *Fruit Based **Wholegrain ***Oily Fish w/c: 21/01, 11/02, 11/03, 01/04					

