



# School Lunch Menu - from 24th September 2018

Starting with week 1

Week 1		Monday	Tuesday	Wednesday	Thursday	Friday
Dinner	Meat Opt	Bacon & Tomato Pasta Bake or	Mild Chicken Tikka or	Roast Gammon, York puds. or	Butchers Beef Burger in a bun or	Fish Fingers or
	Veg Option	Veggie Lasagne	Macaroni Cheese + Garlic Bread	Quorn Fillet + Yorkshire Pud	Veg Burger in a bun	Folded Omelette
Pasta Pots		N/A	N/A	BBQ Chicken Cheese	N/A	Cheese Ham
Jacket Toppings		Tuna Cheese	Ham Tuna+Sweetcorn	N/A	Beans Cheese	N/A
Served with		Garlic Bread Salad Bar	Naan Bread, White Brown Rice, Salad Bar	Roast potatoes, carrots, cauliflower	Jacket Wedges Coleslaw	Chips, Peas, Grilled Tomato
Pudding		Iced Sponge	Chocolate Angel Delight + Mxd Berries	Frozen Fruit Smoothie	Fresh Fruit Salad	Peach Melba Sponge

Week 2		Monday	Tuesday	Wednesday	Thursday	Friday
Dinner	Meat Opt	Homemade Cheddar Whirl or	Crispy Polenta Chicken or	Roast Turkey + Yorkshire or	Homemade Beef Lasagne or	Local Butchers sausages or
	Veg Option	Tomato Tart	Stuffed Peppers	Vegetable Parcels	Cheese + Broccoli Bake	Quorn Sausages
Pasta Pots		N/A	N/A	Cheese Ham	N/A	Cheese Tuna
Jacket Toppings		Baked Beans Cheese	Chicken Cheese	N/A	Sausage Baked Beans	N/A
Served with		Oven Baked Wedges Coleslaw + Salad Bar	Tomato Pasta Peas + Corn	Roast Potatoes Carrots, Broccoli	Garlic Bread Salad Bar	Chips, Baked Beans and Salad Bar
Pudding		Eton Mess	Blueberry & Lemon Cake	Melon & Grape Pots	100% Fruit Lolly	Honey Oat Cookie

Week 3		Monday	Tuesday	Wednesday	Thursday	Friday
Dinner	Option 1	Fishwich in a Bun + Tartare Sauce (optional) or	Sticky Sausages or	Roast Beef Yorkshire Pud or	Pepperoni Pizza or	Baked Chicken Bites or
	Option 2	Quorn Burger in a Bun	Sticky Veggie Sausages	Vegetable Frittata	Cheese and Tomato Pizza	Vegetable Nuggets
Pasta Pots		N/A	N/A	BBQ Chicken Cheese	N/A	Tuna Ham
Jacket Toppings		Cheese Ham	Sausage Baked Beans	N/A	Tuna Cheese	N/A
Served with		Herby Diced Potatoes, Peas, Salad Bar	Mashed Potato Sweetcorn Salad Bar	Roast Potatoes Carrots, Green Beans	Rainbow Pasta, Salad, Salad Bar	Chips Baked Beans + Corn, salad bar
Pudding		Toffee Krispie Bar	Melon, Grape and Strawberry Pots	Lime Jelly & Cream	Pancakes & Syrup, Summer Fruit	Chocolate Ice Cream Roll

A selection of breads, fruit juice, water and milk are also available every day.

There are also some portions of fruit/yoghurts available.

## DINNER MENU -Autumn 2018

Please find below our dinner order form for **24th September - 12th October 2018**.

Please return the completed form to the school office by Wednesday 19th September  
Orders received after this date are unable to be processed.

[The form can be completed electronically and returned to the email address dinners@stlukeschurch-cp.essex.sch.uk](mailto:dinners@stlukeschurch-cp.essex.sch.uk)



### St Luke's School Dinner Order Form

Name of Child: \_\_\_\_\_

Class: \_\_\_\_\_

Please tick the correct box to indicate when you would like your child to order a school dinner.

w/c	Monday 24th September 2018				
Menu Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1					
Option 2					
Pasta Pot	N/A	N/A		N/A	
Jacket Potato			N/A		N/A

w/c	Monday 1st October 2018				
Menu Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1					
Option 2					
Pasta Pot	N/A	N/A		N/A	
Jacket Potato			N/A		N/A

w/c	Monday 8th October 2018				
Menu Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1					
Option 2					
Pasta Pot	N/A	N/A		N/A	
Jacket Potato			N/A		N/A

My child is in Foundation, KS1 or entitled to Free School Meals:

School Dinners cost £2.10 and Jacket Potatoes/Pasta Pots cost £2.10.

I enclose cash / cheque:

Amount enclosed: £

I have paid online:

Please email to [dinners@stlukeschurch-cp.essex.sch.uk](mailto:dinners@stlukeschurch-cp.essex.sch.uk)