

**GREAT WALTHAM CE PRIMARY SCHOOL : SCHOOL MENU**

**Week commencing 1<sup>st</sup> September 2008**

My child ..... Class..... would like the following meals over the next 4 weeks

Please circle your child's choices.

Signature of parent ..... Amount enclosed.....

Week	Monday	Tuesday	Wednesday	Thursday	Friday
1 1/9	<b>NON PUPIL DAY</b>	(H/V) Pasta in a cheese sauce Assorted salads OR Cheese jacket & salad OR Tuna jacket & salad  All with (H) Flapjack	Roast Turkey Croquette or new potatoes Carrots Cabbage Yorkshire OR (H/V) Cheese & broccoli quiche Croquette or new potatoes Carrots Cabbage OR Cheese jacket & salad OR Tuna jacket & salad All with fruit yogurt	(H) Pork korma Rice Peas Naan bread OR (H/V) Vegetable & lentil korma Rice Peas Naan bread OR Cheese jacket & salad OR Tuna jacket & salad All with (H) Chocolate sponge & chocolate custard	(B) Sausage Chips Baked beans or grated carrot OR (V) Vegetarian sausage Chips Baked beans or grated carrot OR Cheese jacket & salad OR Tuna jacket & salad  All with iced carrot cake & milk
2 8/9	(H) Pasta bolognaise Peas OR (H/V) Pasta in tomato sauce topped with grated cheese Peas OR Cheese jacket & salad OR Tuna jacket & salad  All with (H) Apricot flapjack	(H) Sweet & sour chicken Jacket potato Sweet corn OR (H/V) Cheese & tomato pizza Jacket potato Sweet corn OR Cheese jacket & salad OR Tuna jacket & salad All with (H) Iced chocolate sponge	Roast Pork Roast or new potatoes 2 seasonal veg OR (H/V) Macaroni cheese Roast or new potatoes 2 seasonal veg OR Cheese jacket & salad OR Tuna jacket & salad  <b>All with banana &amp; ice cream</b>	(H) Minced beef & veg pie Creamed potatoes Cauliflower OR (H/V) Vegetable & beans tomato pie Creamed potatoes Cauliflower OR Cheese jacket & salad OR Tuna jacket & salad All with strawberry jelly & ice cream	Fish fingers Chips or rice Salad OR (H/V) Vegetable fingers Chips or rice Salad OR Cheese jacket & salad OR Tuna jacket & salad  All with iced apple sponge & milk

<b>week</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>3</b> <b>15/9</b>	(H) Cheese & bacon pizza New potatoes & salad OR (H/V) Cheese & tomato pizza New potatoes & salad OR Cheese jacket & salad OR Tuna jacket & salad All with iced plum sponge	(H) Chilli con carne Rice Sweet corn OR (H/V) Quorn bolognaise Rice Sweet corn OR Cheese jacket & salad OR Tuna jacket & salad  All with strawberry mousse	Roast Turkey Roast or new potatoes 2 vegetables OR (H/V) Cheese & veg quiche Roast or new potatoes 2 vegetables OR Cheese jacket & salad OR Tuna jacket & salad All with ice cream	(H) Lasagne Assorted salads Garlic bread OR (H/V) Vegetable lasagne Assorted salads Garlic bread OR Cheese jacket & salad OR Tuna jacket & salad  All with fruit yogurt	(B) Beef burger Chips Baked beans or coleslaw OR (V) Vegetarian burger Chips Baked beans or coleslaw OR Cheese jacket & salad OR Tuna jacket & salad All with (H) Banana cake & milk
<b>4</b> <b>22/9</b>	(H/B) Toad in the hole New potatoes Peas OR (V) Vegetarian sausage toad in the hole New potatoes Peas OR Cheese jacket & salad OR Tuna jacket & salad  All with peaches & ice cream	(H) Cottage pie Cabbage & mixed veg OR (H/V) Quorn cottage pie Cabbage & mixed veg OR Cheese jacket & salad OR Tuna jacket & salad  All with Iced vanilla sponge & milk	Roast Gammon Croquette or new potatoes 2 veg OR (H/V) Cauliflower cheese Croquette or new potatoes 2 veg OR Cheese jacket & salad OR Tuna jacket & salad With fresh fruit salad	(H) Tuna & salmon pasta bake Sweet corn Garlic bread OR (H/V) Cheesy pasta bake Sweet corn Garlic bread OR Cheese jacket & salad OR Tuna jacket & salad All with shortbread biscuit	<b>HARVEST LUNCH</b> (H) Pork & Apricot casserole Jacket potato Broccoli OR (H/V) Mixed bean & veg casserole Jacket potato Broccoli OR Cheese jacket & salad OR Tuna jacket & salad (H) Apple crumble & custard

**PLEASE RETURN THIS MENU BY 9.00 A.M. MONDAY 7<sup>th</sup> JULY 2008.**

Water is provided with every meal and fresh unbuttered bread. Also, a piece of fresh fruit is available every day  
**Dinners cost £2.00 per day. Please make cheques payable to *Essex County Council***

V= Vegetarian      H = Homemade      B = butchers sausage or burger