



ORWELL PARK SCHOOL

Celebrating
150
YEARS

Pre prep menu

MENU
Week Commencing 19th April 2018

	Hot Main	Vegetarian	Dessert
Monday			
Tuesday			
Wednesday			
Thursday	Pork escalope coated with bread crumbs and served with carrots, broccoli and new potatoes	Aubergine escalope with tomato sauce and parmesan cheese	A selection of melon or fruit yogurts. Alternatively, a piece of fresh fruit.
Friday	Fish fingers with chips and beans	Vegetable dippers with tomato salsa	Fresh fruit salad, a selection of melon or fruit yogurts. Alternatively, a piece of fresh fruit.

Daily Salad: mixed salad leaves, coleslaw, tomatoes, mixed sweet peppers, tuna salad, curried potato salad, cucumber, mixed olives, beetroot, bean and quinoa salad, sweetcorn, grated carrot, cheddar cheese, pork pie, cold sliced meats, smoked mackerel, fresh breads, butter portions, various dressings and sauces.