



ORWELL PARK SCHOOL

Celebrating  
**150**  
YEARS

# Main School

MENU  
Week Commencing 19<sup>th</sup> April 2018

	<b>Hot Main</b>	<b>Vegetarian</b>	<b>Dessert</b>
<b>Monday</b>			
<b>Tuesday</b>			
<b>Wednesday</b>			
<b>Thursday</b>	Breaded pork escalope with lemon and cracked pepper Or Chicken coq au vin with carrots and broccoli and minted new potatoes	Aubergine escalope with tomato sauce and parmesan cheese	A selection of melon or fruit yogurts. Or a piece of fresh fruit.
<b>Friday</b>	Fried fillet of fish with thick cut chips and beans or peas OR Smoked salmon and broccoli risotto <b>See specials board for meat alternative</b>	Vegetable and Haloumi dippers with tomato and lime salsa	Fresh fruit salad, a selection of melon or fruit yogurts. Or a piece of fresh fruit.
<b>Saturday</b>	Homemade beef and vegetable pie with a short crust pastry OR Moroccan chicken with couscous	Vegetable tagine	Fresh fruit salad, a selection of melon or fruit yogurts. Or 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.