



ORWELL PARK SCHOOL

Celebrating  
**150**  
YEARS

# Main School

MENU  
Week Commencing 8<sup>th</sup> may 2018

	<b>Hot Main</b>	<b>Vegetarian</b>	<b>Dessert</b>
<b>Monday</b>	Bank holiday		
<b>Tuesday</b>	Homemade beef and vegetable pie or Chicken fillets in a mushroom and red pepper sauce, Served with new potatoes Broccoli and carrots	Quorn fillet served with a mushroom and red pepper sauce	Chocolate sponge served with chocolate sauce, fresh fruit salad, a selection of melon or fruit yogurts. Or a piece of fresh fruit
<b>Wednesday</b>	Suffolk Sausage pasta bake or Spaghetti bolognaise Green beans and sweetcorn	Vegetable pasta bake.	Steamed chocolate iced fruit sponge Fresh fruit salad, a selection of melon or fruit yogurts. Or a piece of fresh fruit
<b>Thursday</b>	Roast pork with apple sauce or Roast beef and horseradish sauce Served with roast potatoes and steamed greens	Stuffed peppers	Fruit sponge and custard, chocolate mousse a selection of melon or fruit yogurts, or a piece of fresh fruit
<b>Friday</b>	Traditional battered fillet of fish Or fish cakes, served with thick cut chips, Peas or beans See specials board for meat alternative	Vegetable risotto	Ginger cake and custard Fresh fruit salad, a selection of melon or fruit yogurts, or a piece of fresh fruit
<b>Saturday</b>	Beef madras or Sweet and sour chicken served with Rice and mixed vegetables	Vegetable curry	Apple and pear crumble 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.