



ORWELL PARK SCHOOL

Celebrating
150
YEARS

Main School

MENU
Week Commencing 19th February 2018

	Hot Main	Vegetarian	Dessert
Monday	Homemade chicken and winter vegetable pie topped with short crust pastry. or pork medallions with mushroom and shallot sauce. Served with broccoli, baton carrots and new potatoes.	Winter vegetable and quorn casserole.	Apple and pear crumble, Fresh fruit salad, a selection of melon or fruit yogurts. Or a piece of fresh fruit.
Tuesday	Pork and chorizo casserole Or chicken fillets with a tomato and basil sauce. Served with creamy mash potato, green beans and sweetcorn.	Mushroom and courgette stroganoff	Rice pudding. Fresh fruit salad, a selection of melon or fruit yogurts. Or a piece of fresh fruit.
Wednesday	Spaghetti with a choice of sauce to include, Italian tomato, pesto or creamy mushroom sauce. Or macaroni cheese with a garlic and leek crust. Served with garlic bread, peas and glazed carrots.		Chocolate and orange sponge. Fresh fruit salad, a selection of melon or fruit yogurts. Or a piece of fresh fruit.
Thursday	Roast turkey with sage and onion stuffing. Or roast pork and apple sauce. Served with roast potatoes and steamed greens.	Vegetable cassoulet	Steamed strawberry jam sponge. Chocolate mousse, a selection of melon or fruit yogurts. Or a piece of fresh fruit.
Friday	Fried fillet of cod served with thick cut chips, tartar sauce, lemon, peas or beans. Or mediterranean fish risotto.	Butternut squash and sage risotto	Sticky toffee pudding Fresh fruit salad, a selection of melon or fruit yogurts. Or a piece of fresh fruit.
Saturday	Hunters chicken Or beef curry Served with rice, sweetcorn and broccoli.	Vegetable and bean curry	Mixed fruit 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.