



ORWELL PARK SCHOOL

Celebrating
150
YEARS

Main School

MENU

Week Commencing 5th February 2018

	Hot Main	Vegetarian	Dessert
Monday	Hunters chicken. (bbq chicken breast with smoked bacon and cheese) or traditional Hungarian beef goulash. Served with new potatoes. Fresh baton carrots and green beans.	Hunters Quorn fillet.	Black forest cake and custard. Fresh fruit salad, a selection of melon or fruit yogurts. Or a piece of fresh fruit.
Tuesday	Turkey fricassee. Or Chicken Balti curry served with Rice and garlic & coriander bread. Mango chutney. Mixed seasonal vegetables and sweetcorn.	Butternut squash and red lentil curry.	Apple, raisin and cinnamon crumble and custard. Fresh fruit salad, a selection of melon or fruit yogurts. Or a piece of fresh fruit.
Wednesday	Wholemeal spaghetti served with a selection of sauces to include tomato and roasted red pepper or green pesto. Served with garlic bread. Roasted courgettes or broccoli.		Marble cake and custard. Fresh fruit salad, a selection of melon or fruit yogurts. Or a piece of fresh fruit.
Thursday	Traditional Spanish chicken or Breaded Pork schnitzel served with Parmentier potatoes. Steamed kale or sliced glazed carrots.	Vegetable sweet and sour served with rice.	Ginger cake and custard. Vanilla cheesecake, a selection of melon or fruit yogurts. Or a piece of fresh fruit.
Friday	Battered fillet of fish or Grilled Suffolk sausage or grilled cod fillet in a cream and parsley sauce. Served with chunky chips, tartar sauce, lemon, peas or beans.	Vegetarian sausage.	Steamed jam sponge served with custard. Fresh fruit salad, a selection of melon or fruit yogurts. Or a piece of fresh fruit.
Saturday			

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.