



ORWELL PARK SCHOOL

Celebrating
150
YEARS

Main School

MENU
Week Commencing 30th April 2018

	Hot Main	Vegetarian	Dessert
Monday	Hunters chicken with smoked bacon glazed with cheese or Pork escalope with asparagus mushroom and cream sauce Served with minted new potatoes, Broccoli and carrots.	Hunters Quorn fillet	Chocolate sponge. Fresh fruit salad, a selection of melon or fruit yogurts. Or a piece of fresh fruit.
Tuesday	Grilled Suffolk sausage with apple and honey glaze or Homemade Cottage pie Served with braised potatoes Steamed spring greens	Vegetarian sausage	Sticky toffee pudding. Fresh fruit salad, a selection of melon or fruit yogurts. Or a piece of fresh fruit.
Wednesday	Spaghetti bolognaise or Beef stroganoff served with rice. Sweetcorn and green beans.	Vegetable ragu and spaghetti.	Iced chocolate and raspberry cake. Fresh fruit salad, a selection of melon or fruit yogurts. Or a piece of fresh fruit.
Thursday	Roast turkey and cranberry sauce. or Roast beef and horseradish sauce served with roast potatoes Parsnips or steamed kale.	Aubergine gateau	Steamed treacle sponge. Or fruit jelly. A selection of melon or fruit yogurts or a piece of fresh fruit.
Friday	Traditional battered fish or Grilled gammon and pineapple Served with chunky chips Peas or beans.	Tempura battered vegetables and halloumi	Ginger sponge Fresh fruit salad, a selection of melon or fruit yogurts. Or a piece of fresh fruit.
Saturday	Bbq chicken and savory rice. Or lemon chicken risotto Served with mix vegetables	Lemon Quorn risotto	Apple 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.