



ORWELL PARK SCHOOL

Celebrating
150
YEARS

Main School

MENU
Week Commencing 26th February 2018

	Hot Main	Vegetarian	Dessert
Monday	Sausage, lentil and winter vegetable casserole, Or grilled gammon and pineapple. Served with mini roasted potatoes, Carrots and broccoli.	Vegetable sausage, lentil and winter vegetable casserole.	Apple crumble and custard, fresh fruit salad, a selection of melon or fruit yogurts. Or a piece of fresh fruit.
Tuesday	Braised beef with vegetables or Chicken with a creamy wholegrain mustard and sweet pepper sauce. Served with mash potatoes, savoy cabbage and peas.	Yorkshire pudding filled with savory Quorn and vegetable.	Waffle berry pie with custard, Fresh fruit salad, a selection of melon or fruit yogurts. Or a piece of fresh fruit.
Wednesday	Homemade meatballs with a rich tomato sauce topped with cheese. Or spaghetti with pesto sauce and parmesan cheese. Served with sweetcorn and green beans.	Vegetarian meatball with a rich tomato sauce topped with cheese.	Chocolate sponge and custard, Fresh fruit salad, a selection of melon or fruit yogurts. Or a piece of fresh fruit.
Thursday	Jacket potatoes with a selection of toppings to include, Vegetable chilli, baked beans, cheese and tuna fish. Or Asian vegetable fried rice. Served with ratatouille.		Treacle sponge and custard, a selection of melon or fruit yogurts. Or a piece of fresh fruit.
Friday	Fried fillet of fish Or salmon and dill fish cakes. Served with thick cut chips, peas or beans.	Halloumi cheese coated with batter and fried served with peas and chips	Jam roly-poly and custard, Fresh fruit salad, a selection of melon or fruit yogurts. Or a piece of fresh fruit.
Saturday	Spaghetti bolognese Or macaroni cheese. Served with garlic bread and mixed fresh vegetables.	Spaghetti with vegetable bolognese and garlic bread	Apple pie and cream, 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.