



ORWELL PARK SCHOOL

Celebrating
150
YEARS

Pre prep menu

MENU
Week Commencing 7th may 2018

	Hot Main	Vegetarian	Dessert
Monday	Bank Holiday		
Tuesday	Homemade beef and vegetable pie or 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
Wednesday	Suffolk Sausage pasta bake served 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
Thursday	Roast pork with apple sauce Served with roast potatoes And steamed greens	Stuffed peppers	Chocolate mousse a selection of melon or fruit yogurts or a piece of fresh fruit
Friday	Fish fingers served with thick cut chips. Peas or bean	Vegetable 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.