



ORWELL PARK SCHOOL

Celebrating
150
YEARS

Pre prep menu

MENU
Week Commencing 26th February 2018

	Hot Main	Vegetarian	Dessert
Monday	Sausage, lentil and winter vegetable casserole. 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 Served with mashed potato Savoy cabbage and peas	Yorkshire pudding filled with savory Quorn and vegetables	Chocolate sponge and custard, Fresh fruit salad, a selection of melon or fruit yogurts. Or a piece of fresh fruit.
Wednesday	Homemade meat balls with rich tomato sauce Topped with cheese Sweetcorn and green beans	Vegetarian meat balls with tomato sauce And rice	Fresh fruit salad, a selection of melon or fruit yogurts. Or a piece of fresh fruit.
Thursday	Baked jacket potato with beans, cheese Served with salad		Treacle sponge and custard, a selection of melon or fruit yogurts. Or a piece of fresh fruit.
Friday	Fish and chips Served with peas or baked beans	Vegetable chow mein	Fruit jelly, 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.