

# Rathfern School Food For Life Menu

## WEEK 1 Autumn/Winter 2018/19

Week Starting: 29/10 19/11 10/12 14/01 04/02 04/03 25/03



	Monday Global Adventure	Tuesday Family Favourites	Wednesday Traditional	Thursday Global Adventure	Friday Fun Day
Hot Main Dish	<b>Mozzarella &amp; Tomato Pizza</b> <i>with Homemade Potato Wedges (no oil) Peas &amp; Sweetcorn</i>	<b>Chicken Tikka</b> <i>with Rice, Green Beans &amp; Carrots</i>	<b>Roast Turkey</b> <i>with Roast Potatoes, Seasonal Cabbage, Mixed Vegetables &amp; Gravy</i>	<b>Lamb Macaroni Bake</b> <i>with Garlic &amp; Herb Bread Wedge** Carrots &amp; Broccoli</i>	<b>MSC Pollock Battered Fish Fillet</b> <i>with Chips, Baked Beans &amp; Sweetcorn</i>
Alternative Dish	<b>Potato and Chickpea Curry</b> <i>with Rice, Peas &amp; Sweetcorn</i>	<b>Creamy Broccoli Pasta Bake**</b> <i>with Green Beans &amp; Carrots</i>	<b>Veggie Sausages</b> <i>with Roast Potatoes, Seasonal Cabbage, Mixed Vegetables &amp; Gravy</i>	<b>Seasonal Vegetable &amp; Cheese Crumble</b> <i>with New Potatoes, Carrots &amp; Broccoli</i>	<b>Crispy Quorn Dippers</b> <i>with Chips, Baked Beans &amp; Sweetcorn</i>
Deli Bar	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>
Salad Bar	<i>Coleslaw, Carrot Sticks, Cucumber, Tomato, Lettuce</i>	<i>Potato Salad, Pepper Sticks, Cucumber, Tomato, Lettuce</i>	<i>Pasta Salad, Sweetcorn, Cucumber, Tomato, Lettuce</i>	<i>Bean Salad, Grated Carrot, Cucumber, Tomato, Lettuce</i>	<i>Apple Slaw, Beetroot, Cucumber, Tomato, Lettuce</i>
Desserts	<b>Pear Crumble*</b> <i>with Custard</i>	<b>Apple Flapjack</b> <i>with Fresh Fruit Slices*</i>	<b>Creamy Rice Pudding</b> <i>with Berry Compote</i>	<b>Chocolate Brownie Cake</b> <i>with Custard</i>	<b>Lemon Shortbread</b> <i>with Fruit Slices</i>
	<b>Yoghurt &amp; Fresh Fruit Slices*</b>	<b>Yoghurt &amp; Fresh Fruit Bowl*</b>	<b>Yoghurt &amp; Fresh Fruit Slices*</b>	<b>Yoghurt &amp; Fresh Fruit Salad*</b>	<b>Yoghurt &amp; Fresh Fruit Bowl*</b>

Offered Daily: Fresh Bread, 5 Choice Salad Bar, Fresh Fruit, Yoghurt, Organic Milk & Water  
 \*\*\*\*Deli Bar/Schools Choice: Filled Jacket Potato, Extra Pasta Dish, Sandwich/Baguette (Subject to availability)  
 Please speak to the Catering Manager for special dietary requirements and allergen information  
 Vegetables & Fruit are subject to seasonal variation. Menu is subject to individual school changes.  
 \*50%Fruit Based \*\*Wholegrain \*\*\*Oily Fish



Chartwells Lewisham are Sugar Smart  
 find out more, visit our website:  
[www.lewishamschoolmeals.co.uk](http://www.lewishamschoolmeals.co.uk)



Seafood with this mark comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery

# Rathfern School Food For Life Menu

## WEEK 2 Autumn/Winter 2018/19

Week Starting: 05/11 26/11 17/12 21/01 11/02 11/03 01/04



	Monday Global Adventure	Tuesday Family Favourites	Wednesday Traditional	Thursday Global Adventure	Friday Fun Day
Hot Main Dish	<b>Macaroni Cheese</b> <i>with Broccoli &amp; Sweetcorn</i>	<b>Lamb Chilli</b> <i>with Rice, Carrots &amp; Peas</i>	<b>Roast Chicken</b> <i>with Roast Potatoes, Parsnips, Mixed Vegetables &amp; Gravy</i>	<b>Lamb Lasagne</b> <i>with Garlic &amp; Herb Bread Wedge**, Green Beans &amp; Cauliflower</i>	<b>MSC Cod Fish Fingers or Turkey Burger</b> <i>with Chips, Sweetcorn &amp; Baked Beans</i>
Alternative Dish	<b>Vegetable Biryani</b> <i>with Broccoli &amp; Sweetcorn</i>	<b>Vegetarian Sausages</b> <i>with Gravy, Cheesy Mash, Carrots &amp; Peas</i>	<b>Cauliflower and Broccoli Bake</b> <i>with Roast Potatoes, Parsnips, Mixed Vegetables &amp; Gravy</i>	<b>Vegetarian Tagine</b> <i>with Rice, Green Beans &amp; Cauliflower</i>	<b>Crispy Vegetable Bites</b> <i>with Chips, Sweetcorn &amp; Baked Beans</i>
Deli Bar	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>
Salad Bar	<i>Coleslaw, Carrot Sticks, Cucumber, Tomato, Lettuce</i>	<i>Potato Salad, Pepper Sticks, Cucumber, Tomato, Lettuce</i>	<i>Pasta Salad, Sweetcorn, Cucumber, Tomato, Lettuce</i>	<i>Bean Salad, Grated Carrot, Cucumber, Tomato, Lettuce</i>	<i>Apple Slaw, Beetroot, Cucumber, Tomato, Lettuce</i>
Desserts	<b>Pineapple &amp; Carrot Traybake</b> <i>with Fruit Slices*</i>  <b>Yoghurt &amp; Fresh Fruit Bowl*</b>	<b>St Clements Sponge Cake</b> <i>with Custard</i>  <b>Yoghurt &amp; Fresh Fruit Salad*</b>	<b>Shortbread Finger</b> <i>with Fruit Slices</i>  <b>Yoghurt &amp; Fresh Fruit Bowl*</b>	<b>Apple and Berry Crumble*</b> <i>with Custard</i>  <b>Yoghurt &amp; Fresh Fruit Slices*</b>	<b>Chocolate Oaty Cookie</b> <i>with Fruit Slices*</i>  <b>Yoghurt &amp; Fresh Fruit Salad*</b>

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## WEEK 3 Autumn/Winter 2018/19

Week Starting: 12/11 03/12 07/01 28/01 25/02 18/03



	Monday Global Adventure	Tuesday Family Favourites	Wednesday Traditional	Thursday Global Adventure	Friday Fun Day
Hot Main Dish	<b>Vegetable Supreme Pizza</b> <i>with Homemade Jacket Wedges (no oil) Sweetcorn &amp; Broccoli</i>	<b>Chicken Pie</b> <i>with New Potatoes, Carrots &amp; Green Beans</i>	<b>Roast Turkey</b> <i>with Roast Potatoes, Seasonal Cabbage, Mixed Vegetables &amp; Gravy</i>	<b>Minced Lamb Bolgonese</b> <i>with Pasta**, Broccoli &amp; Peas</i>	<b>MSC Salmon Fishfinger or Fishcake***</b> <i>with Tomato Relish, Chips, Sweetcorn &amp; Baked Beans</i>
Alternative Dish	<b>Vegetable Lasagne</b> <i>with Sweetcorn &amp; Broccoli</i>	<b>Chinese Vegetable Noodles</b> <i>with Carrots &amp; Green Beans</i>	<b>Quorn Roast</b> <i>with Roast Potatoes, Seasonal Cabbage, Mixed Vegetables &amp; Gravy</i>	<b>Vegetable Korma</b> <i>with Rice, Broccoli &amp; Peas</i>	<b>Quorn Meatball Sub</b> <i>with Chips, Sweetcorn &amp; Baked Beans</i>
Deli Bar	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>
Salad Bar	<i>Coleslaw, Carrot Sticks, Cucumber, Tomato, Lettuce</i>	<i>Potato Salad, Pepper Sticks, Cucumber, Tomato, Lettuce</i>	<i>Pasta Salad, Sweetcorn, Cucumber, Tomato, Lettuce</i>	<i>Bean Salad, Grated Carrot, Cucumber, Tomato, Lettuce</i>	<i>Apple Slaw, Beetroot, Cucumber, Tomato, Lettuce</i>
Desserts	<b>Strawberry Ice Cream</b> <i>with Fresh Fruit Slices</i>  <b>Yoghurt &amp; Fresh Fruit Bowl*</b>	<b>Raspberry Ripple Cake</b> <i>with Custard</i>  <b>Yoghurt &amp; Fresh Fruit Slices*</b>	<b>Crunchy Oat Cookie</b> <i>with Fruit Slices*</i>  <b>Yoghurt &amp; Fresh Fruit Bowl*</b>	<b>Peach Traybake</b> <i>with Custard</i>  <b>Yoghurt &amp; Fresh Fruit Salad*</b>	<b>Ginger Cake</b> <i>with Fresh Fruit*</i>  <b>Yoghurt &amp; Fresh Fruit Bowl*</b>

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