

Lewisham Primary Menu 2020 – 21

Rathfern Menu - Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Vege Balls In Tomato Sauce <i>with Pasta</i> **	BBQ Chicken <i>with Rice</i> **	Roasted Chicken <i>with Roast Potatoes and Gravy</i>	Lamb Bolognese <i>with Pasta</i> **	MSC Pollock Fish Finger <i>and Chips</i>
Alternative Dish	Soft Taco <i>and Potato Wedges</i>	Vegetable Lasagne <i>with a Garlic & Herb Bread Wedge</i> **	Vegetarian Sausages <i>with Roast Potatoes and Gravy</i>	Chinese Veggie Noodles	Baked Macaroni Cheese
		Jacket Potato <i>with Salmon Mayo Topper</i> ***			
Vegetables	Sweetcorn Broccoli and Cauliflower Medley	Carrots Broccoli	Peas Cabbage	Broccoli Sweetcorn	Baked Beans Peas
Salad Bar	'Salad of the Day', Tomato, Cucumber, Lettuce, Carrot	'Salad of the Day', Tomato, Cucumber, Lettuce, Sweetcorn	'Salad of the Day', Tomato, Cucumber, Lettuce, Peppers	'Salad of the Day', Tomato, Cucumber, Lettuce, Carrot	'Salad of the Day', Tomato, Cucumber, Lettuce, Sweetcorn
Desserts	Blueberry frozen Yoghurt <i>with Fruit Slices</i>	Chocolate Slice* <i>with Fruit Slices</i>	Fruit and Yoghurt Bar	Apple and Berry Crumble * <i>and Custard</i>	Cheese & Biscuits <i>with Grapes & Apples</i>
	Yoghurt & Fresh Fruit Slices*	Yoghurt & Fresh Fruit Salad*		Yoghurt & Fresh Fruit Salad*	Yoghurt & Fresh Fruit Slices*
Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily					
*Fruit Based **Wholegrain ***Oily Fish					



Lewisham Primary Menu 2020 – 21

Rathfern Menu - Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	The Incredible Burger <i>With Potato Wedges</i>	Jerk Chicken <i>with Rice and Peas **</i>	Roast Turkey <i>with</i> <i>Roast Potatoes</i> <i>and Gravy</i>	Lamb Lasagne <i>with a Garlic & Herb</i> <i>Bread Wedge **</i>	MSC Pollock Fish Finger <i>and Chips</i>
Alternative Dish	Vege Balls In Tomato Sauce <i>with Pasta **</i>	Quorn Bolognese <i>with Pasta **</i>	Vegetable Pastry Slice <i>with Roast Potatoes</i> <i>and Gravy</i> <i>(pastry)</i>	Vegetable Supreme Pizza ** <i>With Potato</i> <i>Wedges</i>	Quorn Dippers <i>and Chips</i>
Vegetables	Peas Sweetcorn	Green Beans Carrots	Parsnips Peas	Sweetcorn Broccoli	Peas Baked Beans
Salad Bar	'Salad of the Day', Tomato, Cucumber, Lettuce, Carrot	'Salad of the Day', Tomato, Cucumber, Lettuce, Sweetcorn	'Salad of the Day', Tomato, Cucumber, Lettuce, Peppers	'Salad of the Day', Tomato, Cucumber, Lettuce, Carrot	'Salad of the Day', Tomato, Cucumber, Lettuce, Sweetcorn
Desserts	Mango Frozen Yoghurt <i>with Fruit</i> <i>Slices</i>	Apple Cake* <i>with</i> <i>Fruit Slices</i>	Fruit and Yoghurt Bar	Berry and Peach Crumble * <i>with Custard</i>	Cheese & Biscuits <i>with Grapes & Apples</i>
	Yoghurt & Fresh Fruit Slices*	Yoghurt & Fresh Fruit Salad*		Yoghurt & Fresh Fruit Salad*	Yoghurt & Fresh Fruit Slices*
Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily					
*Fruit Based **Wholegrain ***Oily Fish					



