

# Merryhills School

## Lunch Menu



**Week 1 W/B SEPTEMBER 4<sup>TH</sup> & 25<sup>TH</sup> OCTOBER 16<sup>TH</sup> 2017**

Monday	Tuesday	Wednesday	Thursday	Friday
Harry Ramsden Fish Fillet	Beef Bolognaise with Pasta Shells	Chicken Curry	*Roast Turkey & Yorkshire Pudding	Shepherd's Pie (Lamb)
Vegetable Frittata	Jacket Potato with Cheese & Beans	Tomato & Basil Pasta	Quorn Tikka Pasty	2 Quorn Hot Dogs & Bun
Chips	Crusty Bread	Naan Bread & Rice	Roast Potatoes	New Potatoes
Peas & Diced Carrots & Salad	Salad, Carrot Batons & Baked Beans	Green Beans, Sweetcorn & Salad	Carrots, Peas & Cauliflower	Sweetcorn & Peas
Melon Boats	Fruity Flapjack & Custard	Carrot Cake & Custard	Chocolate Ice Cream Roll	Fruit Smoothie

**Week 2 W/B SEPTEMBER 11<sup>TH</sup> OCTOBER 2<sup>ND</sup>**

3 Fish Fingers	Chicken Burger in a Bun	Lasagne	Chicken Paella	*Roast Beef & Yorkshire Pudding
2 Linda McCartney Sausages	Omelette	Cheese & Spinach Puff	Macaroni Cheese	Quorn Shepherd's Pie
Mashed Potato	Chips	New Potatoes/Cous Cous	Crusty Bread	Roast Potatoes
Sweetcorn & Peas	Baked Beans, Peas, Salad & Coleslaw	Salad & Green Beans	Sweetcorn & Broccoli	Broccoli & Carrots
Ice Cream & Orange Wedge	*Apple Crumble & Custard	Fruit & Ice Cream	Iced Fruit Cake & Custard	Melon Boat

**Week 3 W/B SEPTEMBER 18<sup>TH</sup> OCTOBER 9<sup>TH</sup>**

Monday	Tuesday	Wednesday	Thursday	Friday
Chilli Beef	Chicken Goujon's	Spaghetti Bolognaise	*Roast Turkey & Yorkshire Pudding	Fish Pie
Jacket Potato with Cheese & Beans	Quorn Burger in a bun	Vegetarian Curry	Roasted Quorn Fillet	Margarita Pizza
Rice or Jacket Potato	Chips	Naan Bread & Rice	*Roast Potatoes	Crusty Bread
Salad & Sweetcorn	Salad, Coleslaw, Baked Bean & Peas	Sweetcorn & Peas	Broccoli Carrots	Green Beans, Sweetcorn & Salad
Apple Crumble & Custard	Melon Boat	Jam & Coconut Sponge with Custard	Fruit & Jelly	Ice Cream & Fruit Salad

**\*\*\*Available daily: Carrot & Cucumber Sticks, Fresh Fruit Salad, Fruit Yoghurt and Bread\*\*\***

*All our fish is MSC-Certified (Marine Stewardship Council).*

*All our meat is fresh and free range and purchased locally from Normans Butcher Shop in Oakwood.*

*All our fresh fruit & vegetables are sourced locally and our eggs are free range.*

**\*indicates dishes that are cooked fresh from raw ingredients by our kitchen staff. This menu is subject to change**