

Merryhills School

Lunch Menu



Week 1 W/B DECEMBER 4th 2017 JANUARY 1st & 22nd FEBRUARY 19th MARCH 12th APRIL 16th

Monday	Tuesday	Wednesday	Thursday	Friday
Fish Fingers	*Spaghetti Bolognese	*Roast Turkey & Yorkshire Pudding	*Cottage Pie	*Mediterranean Chicken with Olives
*Cheese & Tomato Quiche	*Quorn Vegetarian Flaky Pie	Veggie Balls in *Mediterranean Sauce	Quorn *Vegetarian Tagine	*Macaroni Cheese
Chips	Crusty Bread	*Roast Potatoes	Coucous	New Potatoes
Baked Beans & Sweetcorn	Green Beans & Diced Carrots	Carrot & Broccoli Mix	Peas & Carrot Batons	Green Beans & Sweetcorn
Fruit Smoothie	*Fruity Flapjack & Custard	*Chocolate & Orange Cake & Chocolate Custard	Ice Cream & Mixed Fruit	Melon Boat

Week 2 W/B DECEMBER 11th JANUARY 8th & 29th FEBRUARY 26th MARCH 19th APRIL 23rd

2 Linda Mcartney Sausages in Gravy	Turkey Meatballs in *Tomato Sauce and Pasta	*Lamb Tagine	*Roast Beef & Yorkshire Pudding	Harry Ramsden Fish Fillet
*Ratatouille Pasta	*Quorn Curry	*Spanish Omelette	*Quorn Bolognese	Veggie Burger in a Bun
Mash/Crusty Bread	Rice	Cous Cous	*Roast Potatoes	Chips
Salad, Baby Carrots & Peas	Green Beans & Carrot Mix	Sweetcorn, Peas & Salad	Cabbage, Broccoli & Carrots	Baked Beans Peas & Sweetcorn
Melon Boat	*Peachy Cake & Custard	*Fruity Crumble with Oaty Topping & Custard	Jelly & Ice Cream	Fruit Smoothie

Week 3 W/B DECEMBER 18th JANUARY 15th FEBRUARY 5th MARCH 5th & 26th

Monday	Tuesday	Wednesday	Thursday	Friday
*Chilli Burrito	*Chicken Curry	*Roast Turkey & Yorkshire Pudding	*Fish Pie	*Beef Lasagne
Quorn Dippers	Jacket Potato with Cheese & Baked Beans	*Quorn Cottage Pie	Margarita Pizza	*Vegetable Paella
Potato Wedges	Rice	*Roast Potatoes	Cous Cous	Crusty Bread
Corn on the Cob, Salad & Peas	Green Beans & Salad	Broccoli & Carrots	Peas, Sweetcorn & Salad	Baby Carrots, Peas & Salad
Fruit Smoothie	*Apple & Raisin Crumble & Custard	Jelly & Fruit	*Banana Cake & Custard	Melon Boat

*****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**