

# Merryhills School

## Lunch Menu



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

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	Couscous	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 11<sup>th</sup> JANUARY 8<sup>th</sup> & 29<sup>th</sup> FEBRUARY 26<sup>th</sup> MARCH 19<sup>th</sup> APRIL 23<sup>rd</sup>**

2 Linda McCartney Sausages in Gravy	*Mince Beef & Onion Pie with Flaky Top	*Diced Chicken Breast in Tomato Sauce and Pasta	*Roast Beef & Yorkshire Pudding	Harry Ramsden Fish Fillet
*Tomato & Basil Pasta	*Cheese & Tomato Omelette	*Quorn Curry	*Linda McCartney Bolognese with Pasta Shells	Quorn Burger in a Bun
Mash/Crusty Bread	New Potatoes & Cous Cous	Rice	*Roast Potatoes	Chips
Salad, Baby Carrots & Peas	Sweetcorn, Peas & Salad	Green Beans & Carrot Mix	Cabbage, Broccoli & Carrots	Baked Beans Peas & Sweetcorn
Melon Boat	*Fruity Crumble with Oaty Topping & Custard	*Peachy Cake & Custard	Jelly & Ice Cream	Fruit Smoothie

**Week 3 W/B DECEMBER 18<sup>th</sup> JANUARY 15<sup>th</sup> FEBRUARY 5<sup>th</sup> MARCH 5<sup>th</sup> & 26<sup>th</sup>**

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**