



Fowey Primary School

Spring Menu 2019

Lunch Menu Week 1 07/01, 21/01, 04/02, 25/02, 11/03, 25/03	Lunch Menu Week 2 14/01, 28/01, 11/02, 04/03, 18/03, 01/04
Monday Jacket Potato with Cheese, Beans or Tuna OR Broccoli & Pesto Pasta Salad Bar & Coleslaw Fresh Fruit or Fruity Flapjack	Monday Jacket Potato with Cheese, Beans or Tuna OR Vegetable Korma with Rice & Naan Bread Salad Bar & Coleslaw Fresh Fruit or Chocolate & Pear Cake
Tuesday Roast Beef with Yorkshire Pudding OR Nut Roast Roast Potatoes, Carrots & Broad Beans, Gravy Fresh Fruit or Banana Muffin	Tuesday Roast Gammon with Stuffing OR Quorn Roast Roast Potatoes, Carrots & Cauliflower, Gravy Fresh Fruit or Blueberry Muffins
Wednesday Chicken Korma with Rice & Naan Bread OR Tomato & Basil Pasta Bake Salad Bar Fresh Fruit or Apple Pie & Custard	Wednesday Chicken & Vegetable Pie OR Vegetable Pie Mash Potato, Peas & Sweetcorn Fresh Fruit or Pineapple Upside Down Cake & Custard
Thursday Sausages or Veggie Sausage Mash Potato, Peas or Beans Fresh Fruit or Coconut & Cherry Sponge	Thursday Beef Lasagne with Garlic Bread OR Cauliflower Cheese Potato Wedges & Salad Bar Fresh Fruit or Toffee Apple Cake
Friday Battered Fish OR Mediterranean Vegetable Wraps Skin on Chips, Beans or Sweetcorn Fresh Fruit, Granola Yoghurt & Berries Or Chocolate Chip Shortbread	Friday Fish Fingers OR Veggie Burgers Skin on Chips, Peas, Beans or Salad Bar Fresh Fruit, Granola Yoghurt & Berries Or Chocolate Crispie