## COPTHORNE J

## SPRING TERM SCHOOL LUNCH MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
h Mar	LUNCH (including a salad bar, jacket potatoes with a selection of toppings, fresh fruit and yogurts)				
w/c 8th Jan, 29th Jan, 26th Feb, 18th Ma	Plant Based Tikka (v) Basmati Rice	Loaded Beef Nacho's Loaded Quorn Mince Nacho's (v)	Pork Meatballs in Tomato Sauce Meatless Balls (v)	Chicken Pie Moroccan Vegetable Pie (v)	Fish Fingers Breaded Vegetable Nuggets (v)
	Chapati Butternut Squash	Sweetcorn Sour Cream, Cheese, Jalapenos	Spaghetti Broccoli, Cauliflower	New Potatoes Savoy Cabbage Gravy	Chips Baked Beans
	Strawberry Mousse	Peaches & Cream	Homemade Flapjack	Carrot Cake	Chocolate Sponge Pudding
w/c 15th Jan, 5th Feb, 4th Mar, 25th Mar	LUNCH (including a salad bar, jacket potatoes with a selection of toppings, fresh fruit and yogurts)				
	Thin Crust Cheese and Tomato Pizza Homemade Pizza (v)	Roast Chicken Drumsticks Roast Quorn Roll (v)	Crispy Chilli Turkey Meat Free Bolognaise (v)	Beef Stew and Dumplings Vegetable Stew (v)	Deep fried Cod in homemade batter Breaded Vegetable Cheese Bake (v)
	Sweet Potato Fries Corn on the Cob	Roast Potatoes, Parsnips Carrots, Gravy	Noodles Stir Fry Vegetables	Mash Potato Swede and Carrots	Chunky Chips Mushy Peas Curry Sauce
	Baked Rice Pudding & Jam	Strawberry Yoghurt Jelly Crunch	Chocolate Brownie	Apple Dorset Cake	Strawberry Ripple Arctic Roll
w/c 22nd Jan, 19th Feb, 11th Mar	LUNCH (including a salad bar, jacket potatoes with a selection of toppings, fresh fruit and yogurts)				
	Vegetable Bean Chilli (v)	Roast Pork Roast Vegetable Wellington (v)	Pasta Bolognaise Tomato Pasta (v)	Hunters Chicken Vegetable Fajitas	Sausages Vegetable Sausages
w/c 22nd Jan,	Rice Green Beans Sour Cream	Roast Potatoes, Cauliflower Cheese, Baton Carrots, Gravy	Brocolli Garlic Bread	Crushed New Potatoes Savoy Cabbage Sticky Toffee Pudding with	Chips Peas
	Apple Crumble & Custard	Mango and Orange Iced Smoothie	Baked Cheesecake	Caramel Sauce	Homemade Marble Cake

Week Two 5th Feb, 4th Mar, 25th Mar

Week Three an, 19th Feb, 11th Mar