

Burdett-Coutts & Townshend Primary School
Autumn 2021 Lunch Menu – Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Spinach & Ricotta Tortellini with sage butter	Jerk Seasoned Roasted Chicken Breast/Drumsticks with Gravy	Cumberland Sausages and Onion Gravy	Fajitas with Beef/Chicken fillings (See below)	Fish Cakes with Tartare Sauce
Main vegetarian	Spinach & Ricotta Tortellini with sage butter	Double Bean and Roasted Pepper chilli	Vegetable Sausages	Bean & Quorn Chilli	Stuffed Half Peppers with Rice and Cheddar Cheese top
Starchy side	Garlic Bread	Jollof/Plain Rice	Mash Potato	Included in dish	Herbed Rice
Vegetable	Roasted Mediterranean Vegetable Medley	Spinach with bacon Spinach without bacon	Green Beans and Baby Carrots	Lettuce, grated cheese, slice peppers, grilled onions salad bar	Minted Peas
Salad	Tomato & Cucumber Artichoke & Zucchini + 3 Assorted Salads	Tomato & Cucumber Cous-Cous Salad + 3 Assorted Salads	Tomato & Cucumber Waldorf salad + 3 Assorted Salads	Tomato & Cucumber Potato Salad + 3 Assorted Salads	Tomato & Cucumber Coleslaw + 3 Assorted Salads
Dessert	Fresh Fruit Yoghurt (50% fruit content) Fresh Fruit	Cheese and Crackers Fresh Fruit	Apple Crumble with Custard Fresh Fruit	Blackcurrant Jelly with Ice Cream Fresh Fruit	Chocolate Sponge with either cream (optional)
Drink	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk

Burdett-Coutts & Townshend Primary School
Autumn 2021 Lunch Menu – Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Macaroni Cheese with Smoked Chicken	Fresh Beef Burgers in a Brioche Bun with fillings	Stir Fry Beef in Teriyaki Sauce	Pulled Pork Wraps	Fish Fingers
Main vegetarian	Macaroni Cheese (v)	Vegetable Burgers in a Brioche Bun with fillings	Stir fry veg and Quorn in Teriyaki Sauce	Quorn Wraps	Sweetcorn and Courgette Fritters – Sour Cream Dressing
Starchy side	Sandwich Selection	French Fries	Rice with Lime and Coriander	Included in dish	Seasoned Wedges
Vegetable	Split Green Beans	See Salads	Sugar Snap Peas & Broccoli	Corn on the Cob	Baby Carrots and Peas
Salad	Tomato & Cucumber Couscous Salad + 3 Assorted Salads	Fillings: Slice tomatoes, beetroot, lettuce, sliced cheese Potato Salad Coleslaw	Tomato & Cucumber Red Cabbage Slaw + 3 Assorted Salads	Fillings: Tomato, lettuce, grilled onions, sour cream Potato Salad Coleslaw	Tomato & Cucumber Roasted Veg Salad + 3 Assorted Salads
Dessert	Fruit Yogurt (50% Fruit Content) Fresh Fruit	Flapjack Fresh Fruit	Victoria Sponge Fresh Fruit	Lime Jelly with Ice Cream Fresh Fruit	Apple Shortcake
Drink	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk

Burdett-Coutts & Townshend Primary School
Autumn 2021 Lunch Menu – Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Lemon and Garlic Chicken	Pizza: Pepperoni, slice peppers, olives, onions	Jacket Potato	Lasagne	Battered Fish
Main vegetarian	Quiche	Pizza: Margarita, slice peppers, olives onions	Jacket Potato	Vegetarian Lasagne	Spanish Omelette
Starchy side	Herbed Rice	Wedges	Included in dish	Included in dish	French Fries
Vegetable	Roasted Vegetable Medley	Sliced Carrots and Split Green Beans	Baked Beans, Grated Cheese, Tuna mayo, bacon bits, grilled onions, sour cream	Sliced Green Beans	Sweetcorn and Peas
Salad	Tomato & Cucumber Red Cabbage Slaw + 3 Assorted Salads	Tomato & Cucumber Artichoke & Zucchini + 3 Assorted Salads	Tomato & Cucumber Coleslaw + 3 Assorted Salads	Tomato & Cucumber Waldorf Salad + 3 Assorted Salads	Tomato & Cucumber Pasta Salad + 3 Assorted Salads
Dessert	Fruit Yogurt (50% Fruit Content) Fresh Fruit	Chocolate Mousse Fresh Fruit	Shortbread Fresh Fruit	Strawberry Jelly and Ice Cream Fresh Fruit	Fresh Fruit Salad
Drink	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk