



Townfield Primary School Lunch Menu

Week Three

Monday	Tuesday	Wednesday	Thursday	Fun Fryday
<p>Homemade Curry Choose from either fresh chicken strips or Quorn strips cooked with onions, garlic, turmeric, coriander, cumin, ground ginger and coconut milk. Served on a bed of rice.</p>	<p>Meat Pie Choose from either fresh minced beef or Quorn mince, cooked with onions, carrots, potatoes, served in a short crust pastry</p> <p>Cheese Flan</p>	<p>Roast Dinner Choose from a home roasted Gammon/Lamb or a Quorn fillet served with Yorkshire pudding, roast potatoes and gravy</p>	<p>Tomato and Cheese Pasta Fusilli pasta cooked in a sauce of tomato, garlic, onion and herbs – mixed together and covered with cheese.</p> <p>Muffin Flat bottomed muffin topped with cheese and ham</p>	<p>Fish 'Fry-day' Choose from a battered cod fillet, fish fingers both baked in the oven & served with chips or wrap.</p>
Served with:				
Green beans and naan bread.	Mixed Veg	Carrots and broccoli.	Mini corn cobs.	Peas and/or baked beans.
Green beans and naan bread.				
<p>Jacket potatoes & panini's Served with a side salad are also available daily – chooses from a variety of fillings cheese, tuna, mayo, ham, turkey & baked beans (when available).</p>				
or				
<p>Deli Bar – Available Everyday Design your own sandwich, first choose your bread – wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily – ham, cheese, tuna, Chinese chicken, turkey, roast beef egg and a choice of salad – carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers.</p>				
and for dessert...				
Jammy Dodger Biscuits	Iced Sponge	TPS Homemade Yogurt Bar.	Cupcakes.	Chocolate Deserts Donuts
and finally a drink!				
<p>A selection of the following drinks will be available daily. Freshly made milkshakes – strawberry (& chocolate on a Friday), fresh fruit juice – apple, cranberry or orange, water or fresh milk.</p>				