

# LONGWOOD PRIMARY SCHOOL MENU AUTUMN 2017

WEEK 1

MONDAY

TUESDAY

WEDNESDAY  
ROAST DAY

THURSDAY

FRIDAY

MAINS 1

Shepherd's Pie  
Mini Potato Waffles  
Garden Peas  
Fresh Sliced Carrots

Oven-Baked Sausage  
with Onion Gravy  
Mashed Potatoes  
Fresh Broccoli &  
Cauliflower Florets

Roast Turkey &  
Stuffing  
Roast & Mashed  
Potatoes  
Sliced Fresh Carrots  
Green Beans

Italian Style  
Meatballs with  
Spaghetti

Fish Fillet or  
Chicken Goujon  
Chips  
Baked Beans  
Garden Peas  
Winter Salad

MAINS 2  
Vegetarian

Cheese & Tomato  
Pizza  
Potato Choice  
Garden Peas  
Fresh Sliced Carrots

Vegetable Curry  
& Rice  
Naan Bread  
Mixed Green Salad  
Sweetcorn

Cheese Quiche  
Roast & Mashed  
Potatoes  
Sliced Fresh Carrots  
Green Beans

Broccoli & Cheese  
Bake  
Garlic Bread  
Mixed Green Salad  
Sweetcorn

Vegetarian  
Pastry Roll  
Chips  
Baked Beans  
Garden Peas  
Winter Salad

HOT  
LIGHT  
BITES

Scrambled Egg &  
Toast Pots

Pasta Pot with  
Garlic Bread

Cheese Calzone  
(folded pizza)

Curry & Rice Pot with  
Naan Bread

Chip Bap with  
Tomato Sauce

LIGHT  
BITES

Jacket Potato with  
Assorted Filling

Jacket Potato with  
Assorted Filling

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Assorted Filling

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Assorted Filling

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Assorted Filling

Sandwich Selection

Sandwich Selection

Sandwich Selection

Sandwich Selection

Sandwich Selection

DESSERT

Flapjack with  
Custard

Paris Sandwich with  
Custard

Raspberry Buns

Assorted Muffins &  
Cakes  
with Custard

Cheesecake

DAILY

Bread Basket, Fresh Seasonal Salad,  
Fresh Fruit, Fruit Pots, Yoghurt Pots, Cheese & Biscuits

cmc   
the team behind you

# LONGWOOD PRIMARY MENUS AUTUMN 2017

Week 2

MONDAY

TUESDAY

WEDNESDAY  
ROAST DAY

THURSDAY

FRIDAY

MAINS 1

Chicken Curry & Rice  
with Naan Bread

All Day Breakfast  
Hash Browns  
Baked Beans  
Grilled Fresh Tomato  
Mushroom

Roast Pork with  
Stuffing Fondant  
Mashed Potatoes  
Fresh Cabbage  
Fresh Broccoli &  
Carrot Medley

Spaghetti  
Bolognese  
Garlic Bread  
Seasonal Vegetables  
Mixed Salad

Fish Fingers or  
Salmon Bites  
Chips  
Spaghetti Hoops  
Mushy Peas  
Sweetcorn

MAINS 2  
Vegetarian

Cheese & Potato Pie  
Crusty Bread  
Garden Peas  
Crunchy Coleslaw

Vegetarian  
Breakfast  
Hash Browns  
Baked Beans  
Grilled Fresh Tomato  
Mushroom

Tomato & Pasta  
Bake  
Rustic Bread  
Fresh Broccoli &  
Carrot Medley

Chinese Style  
Vegetable Noodles  
Seasonal Vegetables  
Mixed Salad

Cheese Pasty  
Chips  
Spaghetti Hoops  
Mushy Peas  
Sweetcorn

HOT  
LIGHT  
BITES

Scrambled Egg &  
Toast Pots

Pasta Pot with  
Garlic Bread

Cheese Calzone  
(folded pizza)

Curry & Rice Pot with  
Naan Bread

Chip Bap with  
Tomato Sauce

LIGHT  
BITES

Jacket Potato with  
Assorted Filling

Jacket Potato with  
Assorted Filling

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Assorted Filling

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Assorted Filling

Jacket Potato with  
Assorted Filling

Sandwich Selection

Sandwich Selection

Sandwich Selection

Sandwich Selection

Sandwich Selection

DESSERT

Chocolate Cracknel &  
Custard

Iced Sponge &  
Custard

Homemade Biscuits  
with Fruit Platter

Homemade Cup  
Cakes

Chocolate Nutty  
Finger

DAILY

Bread Basket, Fresh Seasonal Salad Bar, Fresh Fruit,  
Fruit Pots, Yoghurts, Cheese & Biscuits