

Dulwich Wood Primary School

MENU WEEK 1 Spring/Summer 2019

Week Starting: 22/04 13/05 10/06 01/07 22/07 02/09 23/09 14/10



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish A	Vegetable Bolognese Pasta** <i>with Broccoli & Cauliflower</i>	BBQ Beef Meatballs <i>with Rice, Green Beans & Sweetcorn</i>	Roast Chicken <i>with Roast Potatoes, Gravy, Carrots & Cabbage</i>	Jerk Chicken <i>with Rice, Broccoli & Mixed Vegetables</i>	Battered MSC Pollock Fish Fillet <i>with Chips, Peas & Baked Beans</i>
Main Dish B	Chinese Style Veggie Rice** <i>with Broccoli & Cauliflower</i>	Tomato & Mozzarella Pizza <i>with Jacket Wedges (no oil), Green Beans & Sweetcorn</i>	Quorn Roast <i>with Roast Potatoes, Gravy, Carrots & Cabbage</i>	Vegetable Lasagne <i>with Garlic & Herb Bread Wedge **, Broccoli & Mixed Vegetables</i>	Veggie Hotdog <i>with Chips, Peas & Baked Beans</i>
Deli Choice	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>
Salad Bar	<i>Coleslaw, Carrot Sticks, Cucumber, Tomato, Lettuce</i>	<i>Potato Salad, Pepper Sticks, Cucumber, Tomato, Lettuce</i>	<i>Pasta Salad, Sweetcorn, Cucumber, Tomato, Lettuce</i>	<i>Bean Salad, Grated Carrot, Cucumber, Tomato, Lettuce</i>	<i>Apple Slaw, Beetroot, Cucumber, Tomato, Lettuce</i>
Desserts	Yoghurt & Fresh Fruit Slices*	Lemon Shortbread <i>with Fresh Fruit Slices*</i> Yoghurt & Fresh Fruit Salad*	Vanilla Ice Cream <i>with Fresh Fruit Slices*</i> Yoghurt & Fresh Fruit Slices*	Yoghurt & Fresh Fruit Salad*	Strawberry Swirl Sponge <i>With Custard</i> Yoghurt & Fresh Fruit Slices*

Offered Daily: Fresh Bread, 5 Choice Salad Bar, Fresh Fruit, Yoghurt, Milk & Water

****Deli/Schools Choice: Filled Jacket Potato, Extra Pasta Dish, Sandwich/Baguette (Subject to availability)

Please speak to the Catering Manager for special dietary requirements and allergen information

Vegetables & Fruit are subject to seasonal variation. Menu is subject to individual school changes.

*50%Fruit Based **Wholegrain ***Oily Fish



Chartwells Lewisham are Sugar Smart
find out more, visit our website:
www.lewishamschoolmeals.co.uk



Seafood with this mark comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery



Dulwich Wood Primary School

MENU WEEK 2 Spring/Summer 2019

Week Starting: 29/04 20/05 17/06 08/07 09/09 30/09



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish A	Veg Korma with Rice, with Broccoli & Peas	Beef Bolognese Pasta with Green Beans & Cauliflower	Roast Beef with Roast Potatoes, Gravy, Cabbage & Carrots	Chicken Tikka** with Rice, Green Beans & Mixed Vegetables	Golden MSC Salmon Fish Fingers or Beef Burger with Chips, Peas & Baked Beans
Main Dish B	Tomato and Basil Pasta** With Sweetcorn & Peas	Vegetarian Sausages with Mashed Potato, Green Beans & Cauliflower	Shepherdess Pie with Cabbage & Carrots	Veggie Noodles with Broccoli & Mixed Vegetables	Macaroni Cheese with Peas & Baked Beans
Deli Choice	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>
Salad Bar	<i>Coleslaw, Carrot Sticks, Cucumber, Tomato, Lettuce</i>	<i>Potato Salad, Pepper Sticks, Cucumber, Tomato, Lettuce</i>	<i>Pasta Salad, Sweetcorn, Cucumber, Tomato, Lettuce</i>	<i>Bean Salad, Grated Carrot, Cucumber, Tomato, Lettuce</i>	<i>Apple Slaw, Beetroot, Cucumber, Tomato, Lettuce</i>
Desserts	Yoghurt & Fresh Fruit Bowl*	Crunchy Oat Cookie with Fresh Fruit Slices* Yoghurt & Fresh Fruit Slices*	Mango Frozen Yoghurt with Fresh Fruit Slices* Yoghurt & Fresh Fruit Slices*	Yoghurt & Fresh Fruit Salad*	Chocolate Cake with Custard Yoghurt & Fresh Fruit Slices*

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Dulwich Wood Primary School

MENU WEEK 3 Spring/Summer 2019

Week Starting: 06/05 03/06 24/06 15/07 16/09 07/10



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish A	BBQ Quorn Burger <i>with Jacket Wedges (no oil), Broccoli & Carrots</i>	Beef Lasagne <i>with Garlic & Herb Bread Wedge**, Peas & Roast Vegetables</i>	Roast Chicken <i>with Roast Potatoes, Gravy, Carrots & Cabbage</i>	Chicken & Vegetable Noodles <i>with Sweetcorn & Mixed Vegetables</i>	Sausages <i>with Chips, Baked Beans & Peas</i>
Main Dish B	Mild Chickpea & Potato Curry <i>with Rice**, Broccoli & Carrots</i>	Vegetable Supreme Pizza <i>with Jacket Wedges (no oil), Peas & Roast Vegetables</i>	Cauliflower and Broccoli Bake <i>with Roast Potatoes, Gravy, Carrots & Cabbage</i>	Vegetarian Paella** <i>with Sweetcorn & Mixed Vegetables</i>	Crispy Vegetable Bites <i>with Chips, Baked Beans & Peas</i>
Deli Choice	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>
Salad Bar	<i>Coleslaw, Carrot Sticks, Cucumber, Tomato, Lettuce</i>	<i>Potato Salad, Pepper Sticks, Cucumber, Tomato, Lettuce</i>	<i>Pasta Salad, Sweetcorn, Cucumber, Tomato, Lettuce</i>	<i>Bean Salad, Grated Carrot, Cucumber, Tomato, Lettuce</i>	<i>Apple Slaw, Beetroot, Cucumber, Tomato, Lettuce</i>
Desserts	Yoghurt & Fresh Fruit Bowl*	Chocolate Shortbread <i>with Fresh Fruit Slices*</i> Yoghurt & Fresh Fruit Salad*	Strawberry Frozen Ice Cream <i>with Fresh Fruit Slices*</i> Yoghurt & Fresh Fruit Slices*	Yoghurt & Fresh Fruit Salad*	Lemon Drizzle Cake <i>with Fresh Fruit Slices*</i> Yoghurt & Fresh Fruit Slices*

Offered Daily: Fresh Bread, 5 Choice Salad Bar, Fresh Fruit, Yoghurt, Milk & Water
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