

Week 3

Monday

Beef Burger in a Bap
Veggie Bean Burger
Served with Coleslaw and Sweetcorn
Conserve Tart & Custard

Tuesday

Lamb Pasta Bake or Macaroni Cheese
Broccoli & Fresh Vegetable of the Week
Banana Bread

Wednesday

Roast Turkey & Gravy
Lentil Bake
Roast Potatoes
Fresh Green Cabbage & Cauliflower
Chocolate Cracknel & Milkshake

Thursday

Chicken Tikka Masala
Sweet Potato & Chick Pea Curry
Steamed Rice
Sliced Green Beans & Raita
Tinned Fruit in a Natural Juice & Custard

Friday

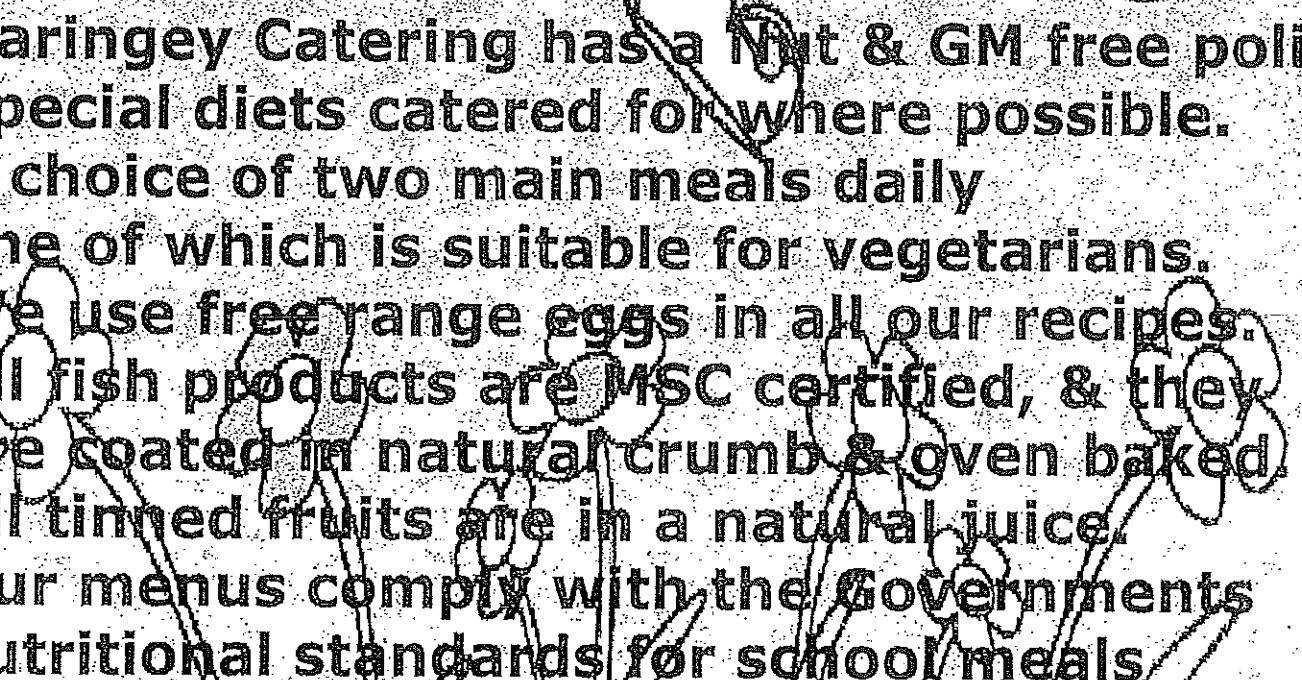
Breaded Fish Fillets
Mixed Pepper Quiche
Chipped Potatoes
Baked Beans or Sweetcorn
Fruit Gateau



**Haringey Catering Service
Primary School
Lunch Menu**

**EAT BETTER
FEEL BETTER
DO BETTER**

option 1

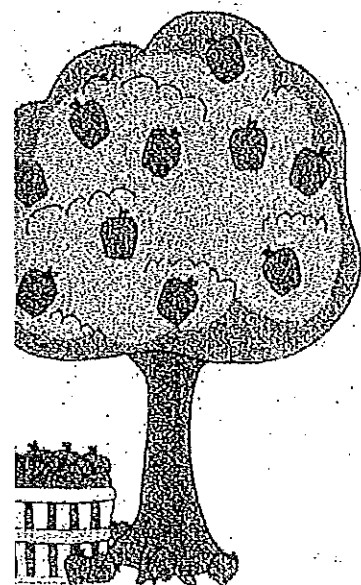


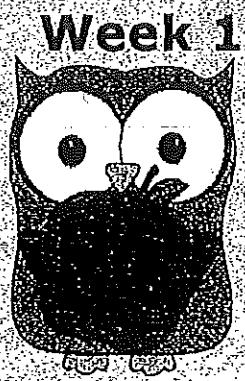
Haringey Catering has a Nut & GM free policy.
Special diets catered for where possible.
A choice of two main meals daily
one of which is suitable for vegetarians.
We use free range eggs in all our recipes.
All fish products are MSC certified, & they
are coated in natural crumb & oven baked.
All tinned fruits are in a natural juice.
Our menus comply with the Government's
nutritional standards for school meals

Haringey Catering Services
Contact Number: 020 8489 5750



Haringey





Week 1

Monday

**Poultry Sausages with Onions & Gravy
Shepherdess Pie
Creamed Potatoes
Carrots & Peas
Pineapple Sponge & Custard**

Tuesday

**Spaghetti Bolognese
Chilli Bean Casserole served with Pasta
Mixed Vegetables or Broccoli
Ice Cream & Chocolate Sauce**

Wednesday

**Roast Beef & Gravy
Macaroni Cheese
Roasted Potatoes
Cauliflower & Fresh Green Cabbage
Tinned Fruit in a Natural Juice & Custard**

Thursday

**Spanish Chicken & Rice
Curried Vegetables and Lentils
Served with Steamed Rice
Sweetcorn & Rainbow Salad
Flapjack & Milkshake**

Friday

**Breaded Salmon or Savoury Cheese Pie
Chipped Potatoes
Baked Beans & Peas
Apple & Sultana Crumble**

Week 2

Monday

**Cheese & Tomato Pizza with Toppings
Mediterranean Pasta Bake
Sweetcorn & Coleslaw
Bakewell Tart & Custard**

Tuesday

**Curried Lamb
Mixed Bean Stew
Served with Steamed Rice
Broccoli & Sliced Carrots
Chocolate Cracknel & Fruit Juice**

Wednesday

**Roast Turkey & Gravy
Lentil Flan
Roast Potatoes
Sliced Green Beans & Fresh Vegetable of the Week
Fruit Jelly & Ice Cream**

Thursday

**Lamb Moussaka
Tomato & Baked Bean Lasagne
Mixed Vegetables & Sliced Carrots
Tinned Fruit in a Natural Juice & Custard**

Friday

**Fish Fingers
Cheese & Broccoli Quiche
Chipped Potatoes, Baked Beans & Sweetcorn
Fruit Cake & Custard**

**Available Daily: A Selection of Freshly Prepared Salads ~ Wholemeal Bread ~ Fresh Drinking Water
Yeo Farm Organic Fruit Yoghurt ~ Cheese & Crackers served with Sultana's ~ Seasonal Fresh Fruits**