#### **Houghton Primary School**

**School Lunches: Autumn 2021** 

Meals served on each day will have **one** of the main courses and **one** of the vegetarian meals from the options listed below. All main courses are served with vegetables. There is also a salad bar every day.

Desserts will be one of Linzi's home baked yummy options, yoghurt or ice-cream. Freshly prepared fresh fruit is also available every day which children can have as well as their dessert.

#### Monday

#### **Round the World Mondays**

Chicken Curry
Fajitas
Burritos
American Burgers

# Vegetarian options:

Quorn Tikka
Pizza
Noodle Stir-Fry
Vegetarian Chilli
Linzi's pasta and veg-packed sauce

#### **Tuesday**

# **Traditional Tuesdays**

Shepherds Pie Chicken Pie Sausage and Mash Toad in the Hole

#### Vegetarian options:

Shepherdess Pie
Quorn Pasta Bake
Quorn Sausage and mash
Cheesy Pasta
Jacket potato and cheese and/or
Linzi's veg-packed sauce

#### Wednesday

#### **Winter Warmer Wednesdays**

Spaghetti Bolognaise Meatballs Lasagne Chicken Casserole

# Vegetarian options:

Quorn Sausage Pasta Bake
Cheese and potato Pie
Vegetarian Lasagne
Vegetarian Pasty
Jacket potato and cheese and/or
Linzi's veg-packed sauce

### **Thursday**

# **Roast Dinner Thursdays**Roast chicken, pork or turkey

Vegetarian options:

Quorn Roast Linzi's pasta and veg-packed sauce

#### **Friday**

# **Fish Fridays**Fish Fingers Battered Fish

#### Vegetarian options:

Vegetarian nuggets
Cheesy Quiche
Linzi's pasta and veg-packed sauce