

Westover Green Community School

Please choose a **Main, Vegetarian or Packed Lunch** option and return this form to the school office by **Friday 21st July 2018**

***Pudding of the day, fresh fruit or yoghurt is also available daily. Meals cost £2.60 per day.**

Date	Monday 4 Sept 2017	✓	Tuesday 5 Sept 2017	✓	Wed 6 Sept 2017	✓	Thursday 7 Sept 2017	✓	Friday 8 Sept 2017	✓
Main	INSET DAY		Lasagne		Roast gammon with gravy and potatoes		Chicken curry with wholemeal rice		Fish fingers with chips	
Veg.			Cheese potato & leek bake with baked beans		Quorn roast with gravy and potatoes		Baked bean and cheese wrap		Chickpea burger with chips	
Packed Lunch			Ham Cheese Tuna (please circle)		Ham Cheese Tuna (please circle)		Ham Cheese Tuna (please circle)		Ham Cheese Tuna (please circle)	

Date	Monday 11 Sept 2017	✓	Tuesday 12 Sept 2017	✓	Wed 13 Sept 2017	✓	Thursday 14 Sept 2017	✓	Friday 15 Sept 2017	✓
Main	Beef Bolognese with wholemeal pasta		Pizza Day		Roast chicken with stuffing, gravy and potatoes		Chilli con carne with oven baked wedges		Battered fish with chips	
Veg.	Sweet potato and chickpea curry		Pizza Day		Shepherdess hotpot with gravy		Veggie Lasagne		Quorn dog	
Packed Lunch	Ham Cheese Tuna (please circle)		Ham Cheese Tuna (please circle)		Ham Cheese Tuna (please circle)		Ham Cheese Tuna (please circle)		Ham Cheese Tuna (please circle)	

Date	Monday 18 Sept 2017	✓	Tuesday 19 Sept 2017	✓	Wed 20 Sept 2017	✓	Thursday 21 Sept 2017	✓	Friday 22 Sept 2017	✓
Main	Cheesy chicken pasta bake		Beef stew		Roast turkey with stuffing, gravy and potatoes		Meatballs in tomato sauce with wholemeal pasta		Salmon fish fingers with chips	
Veg.	Veggie Moussaka		Cheese and tomato quiche with oven baked wedges		Veggie Bolognese with wholemeal pasta		Veggie bean chilli with wholemeal rice		Macaroni cheese with herby bread	
Packed Lunch	Ham Cheese Tuna (please circle)		Ham Cheese Tuna (please circle)		Ham Cheese Tuna (please circle)		Ham Cheese Tuna (please circle)		Ham Cheese Tuna (please circle)	

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Date	Monday 25 Sept 2017	✓	Tuesday 26 Sept 2017	✓	Wed 27 Sept 2017	✓	Thursday 28 Sept 2017	✓	Friday 29 Sept 2017	✓
Main	All day breakfast - pork sausage, bacon, hash brown, tomato and beans		Lasagne		INSET DAY		Chicken curry with wholemeal rice		Fish fingers with chips	
Veg.	All day breakfast – quorn sausage, bacon, hash brown, tomato and beans		Cheese potato & leek bake with baked beans				Baked bean and cheese wrap		Chickpea burger with chips	
Packed Lunch	Ham Cheese Tuna (please circle)		Ham Cheese Tuna (please circle)				Ham Cheese Tuna (please circle)		Ham Cheese Tuna (please circle)	

Date	Monday 2 Oct 2017	✓	Tuesday 3 Oct 2017	✓	Wed 4 Oct 2017	✓	Thursday 5 Oct 2017	✓	Friday 6 Oct 2017	✓
Main	Beef Bolognese with wholemeal pasta		Pizza Day		Roast chicken with stuffing, gravy and potatoes		Chilli con carne with oven baked wedges		Battered fish with chips	
Veg.	Sweet potato and chickpea curry		Pizza Day		Shepherdess hotpot with gravy		Veggie Lasagne		Quorn dog	
Packed Lunch	Ham Cheese Tuna (please circle)		Ham Cheese Tuna (please circle)		Ham Cheese Tuna (please circle)		Ham Cheese Tuna (please circle)		Ham Cheese Tuna (please circle)	

Date	Monday 9 Oct 2017	✓	Tuesday 10 Oct 2017	✓	Wed 11 Oct 2017	✓	Thursday 12 Oct 2017	✓	Friday 13 Oct 2017	✓
Main	Cheesy chicken pasta bake		Beef stew		Roast turkey with stuffing, gravy and potatoes		Meatballs in tomato sauce with wholemeal pasta		Salmon fish fingers with chips	
Veg.	Veggie Moussaka		Cheese and tomato quiche with oven baked wedges		Veggie Bolognese with wholemeal pasta		Veggie bean chilli with wholemeal rice		Macaroni cheese with herby bread	
Packed Lunch	Ham Cheese Tuna (please circle)		Ham Cheese Tuna (please circle)		Ham Cheese Tuna (please circle)		Ham Cheese Tuna (please circle)		Ham Cheese Tuna (please circle)	

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Date	Monday 16 Oct 2017	✓	Tuesday 17 Oct 2017	✓	Wed 18 Oct 2017	✓	Thursday 19 Oct 2017	✓	Friday 20 Oct 2017	✓
Main	All day breakfast - pork sausage, bacon, hash brown, tomato and beans		Lasagne		Roast gammon with gravy and potatoes		Chicken curry with wholemeal rice		Fish fingers with chips	
Veg.	All day breakfast – quorn sausage, bacon, hash brown, tomato and beans		Cheese potato & leek bake with baked beans		Quorn roast with gravy and potatoes		Baked bean and cheese wrap		Chickpea burger with chips	
Packed Lunch	Ham Cheese Tuna (please circle)		Ham Cheese Tuna (please circle)		Ham Cheese Tuna (please circle)		Ham Cheese Tuna (please circle)		Ham Cheese Tuna (please circle)	

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