

Houghton Primary School
School Lunch Winter Menu
 3 week rotation

Dear Parents and Carers

Please find the new Winter Menu for School Lunches which has started this week. Our cooks, Linzi and Sarah, run a 3 week rotation. In addition to the set menus provided below they also provide every day a 'help yourself' salad bar and fresh bread baked daily on site. There is also yoghurt or fresh fruit provided as an alternative 'pudding' every day. Thursday continue to be the very popular 'Favourites Day' with Linzi's special homemade pizza on the menu each week. **Please note that our 'Roast Dinner Day' is now on Tuesdays.**

We are very proud of the lunches provided on site by Linzi and Sarah. They work hard to provide great quality, well-balanced lunches... and have a great relationship with all the children who have a 'school dinner'.

School Lunches are £2.00 per child. Parents and Carers are welcome to join us for lunch (except on Special Promotion Days when space is limited). Adult meals are £2.70 per meal. Please book in advance. We ask that all lunches are paid for in advance on Monday mornings.

Kind regards,

Georgina Young

Week One (02.11.09, 23.11.09, 14.12.09, 18.01.10, 08.02.10, 08.03.10, 29.03.10)

Day	Monday	Tuesday	Wednesday	Thursday 'Favourites Day'	Friday
The Main Event...	Shepherds Pie and Gravy Macaroni Cheese Salad Option	Roast Suffolk Pork, Apple Sauce & Gravy Lentil Roast Salad Option	Chicken Korma Filled Jacket Potato with Cheese Salad Option	Homemade Pizza Sausages	Fish Fingers & Tomato Sauce Lamb Moussaka Vegetarian Moussaka Salad Option
And to go with...	Oven-baked Potato Waffle Mixed vegetables Green Beans	Roast Potatoes Mashed Potatoes Broccoli Carrots	Rice Wholemeal Bread Roll Coleslaw, Apple, Celery & Sultana Salad Baked Beans Garden Peas	Baked Beans Sweetcorn Niblets Chips or Potato Waffles	Oven Baked Potato Wedges Garlic Bread Garden Peas Sweetcorn Niblets
Puddings	Fudge Tart and Chocolate Sauce Fresh Fruit Salad	Apple & Sultana Puff and Custard Iced Fruit Smoothie	Steamed Jam Sponge & Custard Fruity Cheesecake	Iced Sponge Chocolate Crispy Cake	Jelly and Fruit Carrot Cake & Vanilla Sauce

Week Two (09.11.09, 30.11.09, 04.01.10, 25.01.10, 22.02.10, 15.03.10)

Day	Monday	Tuesday	Wednesday	Thursday 'Favourites Day'	Friday
The Main Event...	Beef Lasagne Tuna topped Baked Potato Vegetable Lasagne Salad Option	Roast Chicken & Gravy Cheesy Quiche Salad Option	Suffolk Pork Sausages & Gravy Sweet & Sour Vegetables Salad Option	Homemade Pizza Turkey Burger	Golden Fishcake Pasta Neapolitan Salad Option
And to go with...	Potato Swirls Garlic Bread Green Cabbage Sweetcorn Niblets	Roast Potatoes Mashed Potatoes Winter Vegetables Carrots	Mashed Potatoes Rice Garden Peas Broccoli	Baked Beans Sweetcorn Niblets Chips or Potato Waffles	Oven Baked Potato Wedges French Bread Baked Beans Garden Peas
Puddings	Fruit in Jelly Ginger Sponge & Raspberry Sauce	Steamed Sultana Sponge Pudding & Custard Ice Cream & Melba Sauce	Apple Lattice Tart & Custard Melon Boat	Iced Sponge Chocolate Crispy Cake	Chocolate & Banana Muffin & Milk Crunchy Cornflake Tart & Custard

Week 3 (16.11.09, 07.12.09, 11.01.10, 01.02.10, 01.03.10, 22.03.10)

Day	Monday	Tuesday	Wednesday	Thursday 'Favourites Day'	Friday
The Main Event...	Beef Bolognese Cauliflower & Broccoli Bake Salad Option	Roast Beef & Yorkshire Pudding & Gravy Cheese Quiche Salad Option	Chicken and Sweetcorn Pie with Gravy Mexican Wrap Salad Option	Homemade Pizza Sausages	Golden Breaded Fish & Tomato Sauce Vegetable Risotto Salad Option
And to go with...	Penne Pasta Wholemeal Bread Roll Roasted Winter Vegetables Green Beans	Roast Potatoes Mashed Potatoes Garlic Bread, Carrots Garden Peas	Potato Swirls Broccoli Sweetcorn Niblets	Baked Beans Sweetcorn Niblets Chips or Potato Waffles	Oven Baked Potato Wedges Tomato Bread Garden Peas Carrots
Puddings	Bakewell Tart & Raspberry Sauce Gingerbread Biscuit & Milk	Fruity Apple Crumble & Custard Cornflake & Apricot Cookie & Fruit Juice	Choc Ice Apple Muffin Slice & Custard	Iced Sponge Chocolate Crispy Cake	Chocolate Sponge and Chocolate Sauce Fruit Trifle