

# Hanwell Fields Community School

## Lunch Menus

**31st October - 4th November**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mains</b>	Tuna Pasta Bake	Sausages with Yorkshire Pudding and Gravy	English Muffin Pizza	Chicken Curry	Homemade Meatballs in Tomato Sauce
	Cheesy Pasta	Veggie Sausages	Cheese Muffin Pizza	Vegetable Curry	Tomato Pasta
Jacket Potatoes with Fillings					
<b>Sides</b>	Sweetcorn	New Potatoes	Potato Wedges	Rice	Cous Cous
	Garlic Bread	Mixed Vegetables	Green Beans	Carrots	Peas
Cheese - Beans - Tomatoes - Cucumber					
Hot or Cold Puddings - Fresh Fruit - Yoghurts					

Fresh seasonal vegetables and locally sourced meat is used wherever possible

**7th - 11th November**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mains</b>	Salmon Pasta Bake	<i>Inset Day</i>	Chicken Chow Mein with Noodles	Pepperoni Pasta	Fish Fillets
	Cheesy Pasta		Veggie Chow Mein with Noodles	Tomato or Pesto Pasta	Veggie Fingers
Jacket Potatoes with fillings					
<b>Sides</b>	Garlic Bread		Prawn Crackers	Crusty Bread	Oven Chips
	Mixed Vegetables		Carrots	Green Beans	Peas
Cheese - Beans - Tomatoes - Cucumber					
Hot or Cold Puddings - Fresh Fruit - Yoghurts					

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**14th - 18th November**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mains</b>	Bolognese Past Bake	Fish Crumble Pie	Roast Chicken with Stuffing and Gravy	Shepherd's Pie	Hot-Dogs with Butchers Sausages
	Tomato or Pesto Pasta	Homemade Tomato and Basil Soup with Crusty Bread	Quorn Fillets with Veggie Gravy	Veggie Fingers	Veggie Sausages
	Jacket Potatoes with Fillings				
<b>Sides</b>	Garlic Bread	Sweetcorn	Roast Potatoes	Mashed Potatoes	Potato Wedges
	Green Beans	Mixed Vegetables	Carrots	Broccoli	Peas
	Cheese - Beans - Tomatoes - Cucumber				
Hot or Cold Puddings - Fresh Fruit - Yoghurts					

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**21st - 25th November**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mains</b>	Chicken Chow Mein with Noodles	Beef Lasagne	Sausage Plait with Gravy	Crispy Tuna and Cheese Nuggets	Bacon and Cheese Puffs
	Veggie Chow Mein with Noodles	Baked Bean Lasagne	Veggie Sausage Rolls	Veggie Fingers	Cheese Puffs
	Jacket Potatoes with fillings				
<b>Sides</b>	Green Beans	Garlic Bread	Mashed Potatoes	New Potatoes	Savoury Rice
	Prawn Crackers	Sweetcorn	Carrots	Broccoli	Peas
	Cheese - Beans - Tomatoes - Cucumber				
Hot or Cold Puddings - Fresh Fruit - Yoghurts					

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**28th November - 2nd December**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mains</b>	Sausage Pasta Bake	Beef and Vegetable Crumble	Bacon and Cheese Puffs	Sweet and Sour Chicken	English Muffin Pizza
	Tomato or Pesto Pasta	Vegetable Crumble	Cheese Puffs	Sweet and Sour Vegetables	Cheese Muffin Pizza
	Jacket Potatoes with Fillings				
<b>Sides</b>	Garlic Bread	Green Beans	New Potatoes	Rice	Potato Croquettes
	Mixed Vegetables	Baked New Potatoes	Broccoli	Carrots	Peas
	Cheese - Beans - Tomatoes - Cucumber				
Hot or Cold Puddings - Fresh Fruit - Yoghurts					

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**5th - 9th December**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mains</b>	Bacon Pasta Bake	<b><u>Christmas Lunch</u></b>		Cowboy Casserole or Sausages	Cottage Pie
	Cheesy Pasta	Roast Turkey Sausages Wrapped in Bacon Roast Potatoes Carrots Sprouts Stuffing Gravy Cranberry Sauce		Veggie Sausages	Cheesy Potato Bake
	Jacket Potatoes	Vegetarian Option		Jacket Potatoes with fillings	
<b>Sides</b>	Garlic Bread	Chocolate Yule Log Homemade Mince Pies		Crusty Bread	Mashed Potatoes
	Green Beans			Sweetcorn	Mixed Vegetables
	Cheese - Beans - Tomatoes - Cucumber			Cheese - Beans - Tomatoes - Cucumber	
	Hot or Cold Puddings - Fresh Fruit - Yoghurts			Hot or Cold Puddings - Fresh Fruit - Yoghurts	

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## Lunch Menus

**12th - 16th December**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mains</b>	Barbeque Chicken	Sausages with Yorkshire Pudding and Onion Gravy	Pepperoni Pasta	Homemade Burgers	Fish Fillets
	Barbeque Quorn Fillets	Veggie Sausages with Yorkshire Pudding	Tomato Pasta	Veggie Burgers	Veggie Burgers
	Jacket Potatoes with Fillings				
<b>Sides</b>	Rice	Mashed Potatoes	Garlic Bread	Potato Wedges	Oven Chips
	Broccoli	Green Beans	Carrots	Sweetcorn	Peas
	Cheese - Beans - Tomatoes - Cucumber				
Hot or Cold Puddings - Fresh Fruit - Yoghurts					

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