




OVERCHURCH


INFANT SCHOOL

LUNCHTIME MENU




Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Creamy Chicken Curry Choose from chicken pieces or Quorn pieces cooked with onions, garlic, ginger, cumin, turmeric, coriander, coconut milk and natural yogurt. Served on a bed of rice with a Naan bread</p>	<p>Pizza Day A selection of homemade pizza, choose from Cheese & Tomato, Ham & Pineapple or Pepperoni served with pasta</p>	<p>Homemade Meatballs Choose from Minced beef and pork or veggie mince, lightly seasoned and made into meatballs, served with mash potatoes and gravy</p>	<p>Roast Dinner Choose from either a home roasted boneless leg of pork or a Quorn fillet, served with Yorkshire pudding, roast potatoes & gravy</p>	<p>Fish & Chips Choose from a battered cod fillet, breaded cod fillet fingers, fish cakes or simply a salmon fillet, all baked in the oven & served with chips</p>
<i>served with</i>				
Sweetcorn	Broccoli	Peas	Carrot Batons & Peas	Peas or Baked Beans
<i>or</i>				
<p>Jacket potatoes & Paninis (served with a side salad) - available everyday Choose from a variety of fillings such as cheese, tuna mayo, ham, turkey & baked beans (when available)</p>				
<i>or</i>				
<p>Deli Bar - available everyday Design your own sandwich! First choose your bread – wraps, assorted batch or sliced bread, Then choose your filling from the following – ham, cheese, tuna, Chinese chicken, turkey, roast beef, egg Finally finish with salad – carrot sticks, cucumber, cherry tomatoes, lettuce, sweetcorn, coleslaw, beetroot and peppers.</p>				
				
<i>and for dessert</i>				
Iced sponge	Cookies	Apple Crumble & Custard	Ice Cream	Cheeky Lemon Drizzle Cake
Fresh Fruit, Fruit Pots, Yogurt or Cheese & Crackers are available everyday as an alternative to the daily dessert.				
And Finally, a drink				
<p>A selection of the following drinks will be available daily: freshly made milkshakes - chocolate or strawberry, fresh fruit juice - apple, orange or cranberry or water.</p>				

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Sausage & Mash Choose from either a butcher's quality sausage or a Quorn sausage served on a bed of homemade mashed potato with gravy</p>	<p>Pasta Bolognaise Choose from fresh minced beef or soya mince cooked with onions, garlic, tomatoes, mushrooms and herbs, served with pasta</p>	<p>Overchurch Crispy Chicken A Chicken or Quorn portion marinated in yoghurt and spices. Tossed in seasoned flour and baked in the oven with savoury rice</p>	<p>Roast Dinner Choose from either a home roasted topside of beef or a Quorn fillet, served with Yorkshire pudding, roast potatoes and gravy</p>	<p>Fish & Chips Choose from a battered cod fillet, breaded cod fillet fingers or a Fishcake, all baked in the oven & served with chips</p>
Served with				
Peas	Broccoli	Corn on the cob & Homemade coleslaw	Carrot and Swede	Peas or Baked Beans
<i>or</i>				
<p>Jacket potatoes & Paninis (served with a side salad) - available everyday Choose from a variety of fillings such as cheese, tuna mayo, ham, turkey & baked beans (when available)</p>				
<i>or</i>				
<p>Deli Bar - available everyday Design your own sandwich! First choose your bread – wraps, assorted batch or sliced bread, Then choose your filling from the following – ham, cheese, tuna, Chinese chicken, turkey, roast beef, egg Finally finish with salad – carrot sticks, cucumber, cherry tomatoes, lettuce, sweetcorn, coleslaw, beetroot and peppers.</p>				
				
And for dessert				
Jam Slice	Cookies	Rice Pudding served with fresh Strawberries	Chocolate Crunch Biscuit	Ice buns
<p>Fresh Fruit, Fruit Pots, Yogurt or Cheese & Crackers are available everyday as an alternative to the daily dessert.</p>				
And Finally, a drink				
<p>A selection of the following drinks will be available daily: freshly made milkshakes - chocolate or strawberry, fresh fruit juice - apple, orange or cranberry or water.</p>				

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Big Breakfast Choose from either bacon or a Quorn sausage and scrambled egg, served with baked beans, Potato wedges and tiger bread</p>	<p>Lasagne Choose from fresh minced beef or Vege mince cooked with onions, tomatoes, garlic and herbs, then layered between lasagne sheets and topped with a béchamel sauce and baked in the oven</p>	<p>Burger Day Choose from either a fresh beef burger or a Quorn burger served on a bun with herby diced potatoes</p>	<p>Roast Dinner Choose from a home roasted breast of turkey or a Quorn fillet served with roast potatoes, Yorkshire pudding, stuffing and gravy</p>	<p>Fish & Chips Choose from a battered cod fillet, breaded cod fillet fingers or a fishcake, all baked in the oven & served with chips</p>
Served with				
Mushroom & Tomatoes	Corn on the cob	Sweetcorn	Carrots Batons & Peas	Peas or Baked Beans
or				
<p>Jacket potatoes & Paninis (served with a side salad) - available everyday Choose from a variety of fillings such as cheese, tuna mayo, ham, turkey & baked beans (when available)</p>				
or				
<p>Deli Bar - available everyday Design your own sandwich! First choose your bread – wraps, assorted batch or sliced bread, Then choose your filling from the following – ham, cheese, tuna, Chinese chicken, turkey, roast beef, egg Finally finish with salad – carrot sticks, cucumber, cherry tomatoes, lettuce, sweetcorn, coleslaw, beetroot and peppers.</p>				
<div style="display: flex; justify-content: space-around; align-items: center;">    </div>				
And for dessert				
Carrot Cake	Jelly & Cream	Chocolate cake with chocolate sauce	Cookie	Flapjack
<p>Fresh Fruit, Fruit Pots, Yogurt or Cheese & Crackers are available everyday as an alternative to the daily dessert.</p>				
And finally, a drink				
<p>A selection of the following drinks will be available daily: freshly made milkshakes - chocolate or strawberry, fresh fruit juice - apple, orange or cranberry or water.</p>				

