



# **OVERCHURCH**

## **INFANT SCHOOL**

### **LUNCHTIME MENU**

### **Spring Term 2024**

# Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Cottage Pie</b>  Fresh beef mince or Quorn mince, cooked with onions, carrots, and stock, then topped with homemade mashed potatoes and baked in the oven	<b>Pizza Day</b>  Homemade pizza - choose from either cheese & tomato or pepperoni	<b>Homemade Pasty</b>  Choose from either a beef mince and onion or a savoury cheese filling, encased in puff pastry and baked in the oven until golden	<b>Roast Dinner</b>  Overchurch weekly roasted joint or a Quorn fillet	<b>Fish &amp; Chips</b>  Choose from either a battered fish fillet, breaded fish fillet fingers, fishcake or a salmon fillet
<i>served with</i>				
Broccoli	Diced potatoes, seasonal veg or baked beans	Fresh potato wedges, baked beans, or peas	Roast potatoes, yorkshire pudding, seasonal veg & homemade gravy	Chips and a choice of peas or baked beans
<i>or</i>				
<b><i>Jacket potatoes available everyday</i></b> Choose from a variety of fillings - cheese, tuna mayo, ham, or baked beans. Something different? .... Just ask.				
<i>or</i>				
<b><i>Choose a sandwich or wrap!</i></b>  Ham, cheese, or tuna available daily A different selection of salad will be available daily				
<i>and for dessert</i>				
Shortbread	Iced sponge	Cookies	Muffins	Ice cream
Fresh fruit, yoghurt or cheese and crackers are available everyday as an alternative to the daily dessert				
<i>And finally, a drink</i>				
Fresh fruit juice and water available daily				

# Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Burger Day</b>  Choose from either a fresh beef burger or a Quorn burger served. on a bun	<b>Cowboy Pie</b>  A butcher's quality sausage combined with barbeque sauce, onions, potatoes and topped with a pastry crust	<b>Overchurch Crispy Chicken</b>  A chicken or Quorn portion marinated in yoghurt and spices. Tossed in seasoned flour and baked in the oven	<b>Roast Dinner</b>  Overchurch weekly roasted joint or a Quorn fillet	<b>Fish &amp; Chips</b>  Choose from a battered fish fillet, breaded fish fillet fingers or fishcake  All baked in the oven
<i>Served with</i>				
Freshly baked potato wedges, sweetcorn, or baked beans	Seasonal veg	Corn on the cob & savoury rice	Roast potatoes, yorkshire pudding, seasonal veg & homemade gravy	Chips and a choice of peas or baked beans
<i>or</i>				
<b>Jacket potatoes available everyday</b> Choose from a variety of fillings - cheese, tuna mayo, ham, or baked beans. Something different? .... Just ask.				
<i>or</i>				
<b>Choose a sandwich or Wrap!</b>  Ham, cheese, or tuna available daily A different selection of salad will be available daily				
<i>And for dessert</i>				
Lemon sponge	Chocolate crunch biscuits	Ice cream	Flapjack	Strawberry gateau cake
Fresh fruit, yoghurt or cheese and crackers are available everyday as an alternative to the daily dessert				
<i>And finally, a drink</i>				
Fresh fruit juice and water available daily				

# Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Spaghetti Bolognese</b>  Choose from fresh beef mince or soya mince cooked with onions, garlic, tomatoes, and herbs	<b>Sweet &amp; Sour Chicken</b>  Pieces of fresh chicken or Quorn served in a homemade sweet & sour sauce	<b>Hearty Beef Casserole</b>  Choose from fresh beef or Quorn chunks cooked slowly with onions, carrots, leeks, potatoes, and stock	<b>Roast Dinner</b>  Overchurch weekly roasted joint or a Quorn fillet	<b>Fish &amp; Chips</b>  Choose from a battered fish fillet, breaded fish fillet fingers or fishcake  All baked in the oven
<i>Served with</i>				
Spaghetti and carrots	Rice and sweetcorn	Crusty bread	Roast potatoes, yorkshire pudding, seasonal veg & homemade gravy	Chips and a choice of peas or baked beans
<i>or</i>				
<b><i>Jacket potatoes available everyday</i></b> Choose from a variety of fillings - cheese, tuna mayo, ham, or baked beans. Something different? .... Just ask.				
<i>or</i>				
<b><i>Choose a sandwich or Wrap</i></b>  Ham, cheese, or tuna available daily A different selection of salad will be available daily				
<i>And for dessert</i>				
<b>Shortbread</b>	<b>Chocolate cake</b>	<b>Cookies</b>	<b>Carrot cake</b>	<b>Ice cream</b>
Fresh fruit, yoghurt or cheese and crackers are available everyday as an alternative to the daily dessert				
<i>And finally, a drink</i>				
Fresh fruit juice and water available daily				