



OVERCHURCH INFANT SCHOOL

LUNCHTIME MENU
AUTUMN TERM 2024

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Burger Day</p> <p>Choose from either a fresh beef burger or a quorn burger served on a bun</p>	<p>Lasagne</p> <p>Choose from our butcher's finest minced beef or soya mince cooked with onions, garlic and herbs in a rich tomato sauce topped in a béchamel sauce</p>	<p>Pizza Day</p> <p>Choose from either cheese and tomato or cheese and pepperoni</p>	<p>Roast Dinner</p> <p>Overchurch weekly roasted joint or a quorn fillet</p>	<p>Fish and Chips</p> <p>Choose from either a battered fish fillet, breaded fish fingers, fish cake or a salmon fillet, all baked in the oven</p>
<i>served with</i>				
Potato wedges, sweetcorn or baked beans	Peas or beans and fresh crusty bread	Baked beans or seasonal veg	Roast potatoes, Yorkshire pudding, seasonal veg and homemade gravy	Chips and a choice of peas or baked beans
<i>or</i>				
<p>Jacket potatoes available everyday</p> <p>Choose from a variety of fillings: cheese, tuna mayo, ham or baked beans. Something different? Just ask</p>				
<i>or</i>				
<p>Choose a sandwich or wrap!</p> <p>Ham, Cheese or Tuna available daily A different selection of salad will be available daily</p>				
<i>and for dessert</i>				
Iced sponge	Cookies	Flapjack	Ice cream	Cookies
<p>Fresh fruit, yogurt or cheese and crackers are available everyday as an alternative to the daily dessert</p>				
<p>and finally, a drink</p>				
<p>Fresh fruit juice and water available daily</p>				

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Pasta Bolognese</p> <p>Choose from fresh minced beef or soya mince cooked with onions, garlic, tomatoes, and herbs</p>	<p>Sausage and Mash</p> <p>Choose either a butcher's pork sausage or a quorn sausage</p>	<p>Overchurch Crispy Chicken</p> <p>A chicken or quorn portion marinated in yoghurt and spices. Tossed in seasoned flour and baked in the oven</p>	<p>Roast Dinner</p> <p>Overchurch weekly roasted joint or a quorn fillet</p>	<p>Fish and Chips</p> <p>Choose from a battered fish fillet, breaded fish fingers or fishcake. All baked in the oven</p>
<i>served with</i>				
Pasta, peas or baked beans	Mashed potatoes, gravy, peas or beans	Savoury rice, sweetcorn or baked beans	Roast potatoes, Yorkshire pudding, seasonal veg and homemade gravy	Chips and a choice of peas or baked beans
<i>or</i>				
<p>Jacket potatoes available everyday</p> <p>Choose from a variety of fillings: cheese, tuna mayo, ham, or baked beans, then add a freshly prepared salad. Something different? Just ask</p>				
<i>or</i>				
<p>Choose a sandwich or wrap!</p> <p>Ham, Cheese or Tuna available daily A different selection of salad will be available daily</p>				
<i>and for dessert</i>				
Sponge cake	Cookies	Ice cream	Cookies	Chocolate sponge
<p>Fresh fruit, yogurt or cheese and crackers are available everyday as an alternative to the daily dessert</p>				
<p>and finally, a drink</p>				
<p>Fresh fruit juice and water available daily</p>				

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Creamy Curry</p> <p>Choose either chicken or quorn pieces, cooked with onions, garlic, ginger, cumin turmeric, coriander, and coconut milk</p>	<p>Homemade Meat Balls</p> <p>Choose from minced beef and pork or veggie meatballs, slightly seasoned, and served in gravy</p>	<p>Pasta Bolognese</p> <p>Choose from fresh minced beef or soya mince cooked with onions, garlic, tomatoes, and herbs</p>	<p>Roast Dinner</p> <p>Overchurch weekly roasted joint or a quorn fillet</p>	<p>Fish and Chips</p> <p>Choose from a battered fish fillet, breaded fish fingers or fish cake. All baked in the oven</p>
<i>served with</i>				
Rice, naan bread and a choice of veg	Mashed potatoes seasonal veg or baked beans	Pasta, peas or baked beans	Roast potatoes, Yorkshire pudding, seasonal veg and homemade gravy	Chips and a choice of peas or baked beans
<i>or</i>				
<p>Jacket potatoes available everyday</p> <p>Choose from a variety of fillings: cheese, tuna mayo, ham, or baked beans, then add a freshly prepared salad. Something different? Just ask</p>				
<i>or</i>				
<p>Choose a sandwich or wrap!</p> <p>Ham, Cheese or Tuna available daily A different selection of salad will be available daily</p>				
and for dessert				
Sponge cake	Iced buns	Muffins	Cookie	Ice cream
<p>Fresh fruit, yogurt or cheese and crackers are available everyday as an alternative to the daily dessert</p>				
and finally, a drink				
<p>Fresh fruit juice and water available daily</p>				