



OVERCHURCH
INFANT SCHOOL
LUNCHTIME MENU

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Burger Day Choose from either a fresh beef burger or a Quorn burger served on a bun.	Creamy Chicken Curry Fresh chicken breast or Quorn cooked with cumin, coriander, ginger, turmeric, & coconut milk	Pizza Day Choose from either Cheese & Tomato or Pepperoni topping on a homemade pizza base.	Roast Dinner Overchurch Infant weekly roast or Roasted Quorn fillet.	Fish & Chips Choose from either a battered fish fillet, breaded fish fillet fingers, fish cake or a Salmon fillet
served with				
Seasoned Potato wedges, peas or beans.	Rice, naan bread and a choice of veg.	Baked beans or seasonal vegetables	Roast Potatoes Yorkshire Pudding, seasonal vegetables & homemade gravy	Chips and a choice of Peas or Baked Beans
or				
Jacket potatoes available everyday Choose from a variety of fillings: cheese, tuna mayo, ham, or baked beans. Something Different? Just ask.				
or				
Choose a Sandwich or wrap! Ham, Cheese, or Tuna available Daily A different selection of Salad will be available Daily.				
and for dessert				
Carrot Cake	Jelly & Cream	Flapjack	Ice cream	Cookies
Fresh Fruit, Yogurt or Cheese & Crackers are available everyday as an alternative to the daily dessert.				
And finally, a drink				
Fresh water available daily.				

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage Roll or Cheese Roll	Lasagne	Meatballs	Roast Dinner	Fish & Chips
A quality pork sausage roll or cheese roll.	Choose from our butchers finest minced beef or soya mince cooked with onions, garlic & herbs in a rich tomato sauce topped in a béchamel sauce	Choose from either pork & beef or Quorn meatballs served in a rich gravy.	Overchurch Infant weekly roast or Roasted Quorn fillet.	Choose from a battered fish fillet, breaded fish fillet fingers or Fishcake. All baked in the oven
Served with				
Seasoned potato wedges, sweetcorn or baked beans	Peas or Beans & Fresh Crusty bread	Mashed potato, seasonal veg or baked beans.	Roast Potatoes Yorkshire Pudding, seasonal veg & homemade gravy	Chips and a choice of Peas or Baked Beans
or				
Jacket potatoes available everyday Choose from a variety of cheese, tuna mayo, ham, or baked beans. Something Different? Just Ask.				
or				
Choose a Sandwich or Wrap! Ham, Cheese, or Tuna available Daily A different selection of salad will be available daily.				
And for dessert				
Iced sponge cake	Apple crumble & Custard	Cookies	Muffins	Ice cream
Fresh Fruit, Yogurt or Cheese & Crackers are available everyday as an alternative to the daily dessert.				
And finally, a drink				
Fresh water available daily				

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Pasta Bolognaise</p> <p>Choose from either fresh minced beef or soya mince, cooked with onions, garlic, tomatoes and herbs</p>	<p>Hotdogs</p> <p>Choose from a traditional butchers' pork sausage or Quorn sausage served in a bread roll</p>	<p>Overchurch Crispy Chicken</p> <p>Chicken breast or Quorn portion marinated in yoghurt and spices. Tossed in seasoned flour and baked in the oven</p>	<p>Roast Dinner</p> <p>Overchurch Infant weekly roast or Roasted Quorn fillet.</p>	<p>Fish & Chips</p> <p>Choose from a battered fish fillet, breaded fish fillet fingers or fish cake.</p> <p>All baked in the oven.</p>
Served with				
Pasta, peas or baked beans	Seasonal veg or baked beans	Savoury rice, sweetcorn or baked beans	Roast Potatoes Yorkshire Pudding, seasonal veg & homemade gravy	Chips and a choice of Peas or Baked Beans
or				
<p>Jacket potatoes available everyday</p> <p>Choose from a variety of cheese, tuna mayo, ham, or baked beans. Something different? Just Ask.</p>				
or				
<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				
Chocolate sponge & chocolate sauce	Cookies	Ice cream	Apple pie & custard	Iced sponge
<p>Fresh Fruit, Yogurt or Cheese & Crackers are available everyday as an alternative to the daily dessert.</p>				
<p>And finally, a drink</p>				
<p>Fresh water available daily</p>				