



OVERCHURCH

INFANT SCHOOL

LUNCHTIME MENU

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Creamy Chicken Curry</i> Fresh chicken breast or Quorn cooked with cumin, coriander, ginger, turmeric, coconut milk	<i>BBQ Pulled Pork</i> Warm pitta bread filled with homemade BBQ pulled pork.	<i>Lasagne</i> Choose from either minced beef or soya, cooked with onions, garlic and herbs in a rich tomato sauce, layered with pasta sheets and a béchamel sauce	<i>Roast Dinner</i> Freshly roasted chicken or Quorn fillet	<i>Fish & Chips</i> Choose from either a battered fish fillet, breaded fish fillet fingers, fish cake or a Salmon fillet
<i>And Served with</i>				
Rice, Naan Bread and carrots	Roasted vegetables or salad	Peas or beans and crusty bread	Roast Potatoes Yorkshire Pudding, seasonal vegetables & homemade gravy	Chips and a choice of Peas or Baked Beans
<i>or</i>				
<i>Jacket potatoes available everyday</i> Choose from a variety of fillings cheese, tuna mayo, ham, or baked beans. Something Different? Just ask.				
<i>or</i>				
<i>Choose a Sandwich or wrap!</i> Ham, Cheese, or Tuna available Daily A Different selection of Salad will be available Daily.				
<i>and for dessert</i>				
Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day
Fresh Fruit, Yogurt or Cheese & Crackers are available everyday as an alternative to the daily dessert.				
<i>And finally, a drink</i>				
Fresh Water available daily.				

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Overchurch Beef Nachos Choose from either beef or soya mince, cooked within onions, garlic, tomatoes and seasoning. Served with homemade nachos	Pizza Day Homemade pizza, choose from either Cheese & Tomato or Pepperoni	Spanish Chicken Sliced chicken breast smothered in a red pepper and tomato Spanish sauce	Roast Dinner Home roasted Gammon or Quorn fillet	Fish & Chips Choose from a battered fish fillet, breaded fish fillet fingers or Fishcake. All baked in the oven
<i>Served with</i>				
Nachos, grated cheese, sweetcorn served with rice and salad	Baked beans or seasonal vegetables	Pasta, green beans or baked beans	Roast Potatoes Yorkshire Pudding, seasonal veg & homemade gravy	Chips and a choice of Peas or Baked Beans
<i>or</i>				
Jacket potatoes available everyday Choose from a variety cheese, tuna mayo, ham, or baked beans. Something Different? Just Ask.				
<i>or</i>				
Choose a Sandwich or Wrap! Ham, Cheese, or Tuna available Daily A Different Selection of Salad will be available Daily.				
<i>And for dessert</i>				
Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day
Fresh Fruit, Yogurt or Cheese & Crackers are available everyday as an alternative to the daily dessert.				
<i>And finally, a drink</i>				
Fresh Water available daily.				

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Pasta Bake Wholemeal Penne Pasta cooked in a herby tomato sauce and baked in the oven. Served with toppings of your choice from tuna, chicken or cheese.	Cottage Pie Fresh mince beef or Quorn mince, cooked with onions, carrots, and stock, then topped with homemade mashed potatoes & baked in the oven.	Overchurch Crispy Chicken A Chicken or Quorn portion marinated in yoghurt and spices. Tossed in seasoned flour and baked in the oven	Roast Dinner Freshly roasted pork loin or Quorn fillet	Fish & Chips Choose from a battered fish fillet, breaded fish fillet fingers or fish cake. All baked in the oven.
<i>Served with</i>				
Roasted Vegetables	Cauliflower	Savoury rice, sweetcorn or baked beans	Roast Potatoes Yorkshire Pudding, seasonal veg & homemade gravy	Chips and a choice of Peas or Baked Beans
<i>or</i>				
<i>Jacket potatoes available everyday</i> Choose from a variety cheese, tuna mayo, ham, or baked beans. Something Different? Just Ask.				
<i>or</i>				
<i>Choose a Sandwich or Wrap</i> Ham, Cheese, or Tuna available Daily A Different selection of salad will be available Daily.				
<i>And for dessert</i>				
Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day
Fresh Fruit, Yogurt or Cheese & Crackers are available everyday as an alternative to the daily dessert.				
<i>And finally, a drink</i>				
Fresh Water available daily.				