

## Norlington School Summer Menu 2018

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN CHOICE 1</b>	Mac 'n' Cheese	Sticky Chicken	Spicy Beef Curry	Catch of the Day with Tartarte Sauce	Sausages and Caramelised Onions
<b>MAIN CHOICE 2</b>	Breaded Salmon Fillet in a Bun	Beef Lasagne	Pasta with Chicken and Peppers in a Pesto Sauce	Crispy Topped Vegetarian Pie	
<b>VEGETARIAN CHOICE</b>	Olive & Tomato Risotto	Vegetable and Chick Pea Chow Mein	Homemade Margherita Pizza	Cauliflower Cheese	Roasted Mediterranean Vegetable Tagliatelle
<b>HOT BOX</b>				Fish Fingers & Chips	
<b>JACKET POTATO</b>	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings
<b>POTATO / RICE</b>	Parsley New Potatoes	Mixed Rice Herby Diced Potatoes	Spicy Jacket Wedges Mixed Rice	Chipped Potatoes Mixed Rice	Creamed Potatoes
<b>UNLIMITED VEGETABLES</b>	Green Beans Mixed Vegetables	Fresh Seasonal Broccoli Fresh Seasonal Parsnips	Sweetcorn / Cabbage	Baked Beans Fresh Seasonal Organic Carrots	Stir Fried Courgettes / Garden Peas
<b>UNLIMITED SEASONAL SALADS</b>	A variety of mixed salads	A variety of mixed salads	A variety of mixed salads	A variety of mixed salads	A variety of mixed salads
<b>DESSERTS</b>	Fruity Flapjack and Custard	Peach Crumble and Custard	Chocolate Cracknel and Chocolate Sauce	Fruit & Ice Cream	Creamed Rice Pudding with Mixed Berry Coulis
<b>FRESH FRUIT / YOGURT</b>	Fruit / Fruit Salad / Organic Fruit Yoghurt	Fruit / Fruit Salad / Organic Fruit Yoghurt	Fruit / Fruit Salad / Organic Fruit Yoghurt	Fruit / Fruit Salad / Organic Fruit Yoghurt	Fruit / Fruit Salad / Organic Fruit Yoghurt
<b>WATER AND FRUIT DRINKS</b>	A selection of natural fruit drinks are available to purchase daily. Fresh water is also available.	A selection of natural fruit drinks are available to purchase daily. Fresh water is also available.	A selection of natural fruit drinks are available to purchase daily. Fresh water is also available.	A selection of natural fruit drinks are available to purchase daily. Fresh water is also available.	A selection of natural fruit drinks are available to purchase daily. Fresh water is also available.

All cakes, pastry and pizza bases are freshly made using organic flour  
 N.B. Where halal meat has been requested by the school, it is HFA certified (or equivalent)  
 Information on allergens present in this menu is available at [www.walthamforest.gov.uk/schoolmeals](http://www.walthamforest.gov.uk/schoolmeals) or at the school