

## Norlington School Autumn Menu 2020 - Week 1

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY GRAB N GO
<b>MAIN CHOICE 1</b>	Beef Lasagne	Homemade Chicken & Sweetcorn Pie with Parsley New Potatoes	Chicken Korma with Mixed Rice	Catch of the Day with Tartare Sauce with Chipped Potatoes	
<b>VEGETARIAN CHOICE</b>	Cheese & Egg Quiche with Herby Diced potatoes	Quorn Thai Style Jasmine Rice	Roasted Mediterranean Vegetable Tagliatelle	Mac 'n' Cheese	Tomato & Basil Pasta Bake
<b>Hot Box (Grab n Go)</b>	Hot BBQ Chicken Wrap £2	Sticky Chicken with Fluffy Rice £2	Bolognese Bake £2	Fish Fingers & Chips £2	Chicken Biryani £2
<b>JACKET POTATO (Grab n Go)</b>	Jacket Potato with Various Fillings from £1.90	Jacket Potato with Various Fillings from £1.90	Jacket Potato with Various Fillings from £1.90	Jacket Potato with Various Fillings from £1.90	Jacket Potato with Various Fillings from £1.90
<b>PASTA POTS (Grab n Go)</b>	Pasta with Freshly Made Basilica Sauce £2	Pasta with Freshly Made Creamy Mushroom Sauce £2	Pasta with Freshly Made Bolognese Sauce £2	Pasta with Freshly Made Pomodoro Sauce £2	
<b>Panini/Wraps/Pizza</b>	French Bread Pizza £1	Selection of Hot Wraps £1.60	French Bread Pizza £1	Selection of Hot Panini £1.50	
<b>UNLIMITED VEGETABLES</b>	Green Beans Roasted Seasonal Vegetables	Fresh Seasonal Broccoli Mixed Vegetables	Sweetcorn Fresh Seasonal Green Cabbage	Baked Beans Fresh Seasonal Organic Carrots	Stir Fried Courgettes Minted 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>	Marble Sponge and Custard	Fresh Fruit in Jelly	Chocolate Cracknel and Chocolate Sauce	Carrot Cake & Custard	
<b>FRESH FRUIT / YOGURT</b>	Fresh Fruit 30p/ Fruit Pots 80p/Organic Fruit Yogurt 45p/Ice Cream tub 60p	Fresh Fruit 30p/ Fruit Pots 80p/Organic Fruit Yogurt 45p/Ice Cream tub 60p	Fresh Fruit 30p/ Fruit Pots 80p/Organic Fruit Yogurt 45p/Ice Cream tub 60p	Fresh Fruit 30p/ Fruit Pots 80p/Organic Fruit Yogurt 45p/Ice Cream tub 60p	Fresh Fruit 30p/ Fruit Pots 80p/Organic Fruit Yogurt 45p/Ice Cream tub 60p
<b>Selection of Freshly Prepared Sandwiches/ Baguettes/Wraps</b>	Sandwiches from £1.55 Baguettes from £1.60 Wraps from £1.60	Sandwiches from £1.55 Baguettes from £1.60 Wraps from £1.60	Sandwiches from £1.55 Baguettes from £1.60 Wraps from £1.60	Sandwiches from £1.55 Baguettes from £1.60 Wraps from £1.60	Sandwiches from £1.55 Baguettes from £1.60 Wraps from £1.60
<b>WATER AND FRUIT DRINKS</b>	A selection of natural fruit drinks 80p/milk shake 60p/bottled water 60p/90p	A selection of natural fruit drinks 80p/milk shake 60p/bottled water 60p/90p	A selection of natural fruit drinks 80p/milk shake 60p/bottled water 60p/90p	A selection of natural fruit drinks 80p/milk shake 60p/bottled water 60p/90p	A selection of natural fruit drinks 80p/milk shake 60p/bottled water 60p/90p
<small>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 <a href="http://www.walthamforest.gov.uk/schoolmeals">www.walthamforest.gov.uk/schoolmeals</a> or at the school VE Vegan</small>				Main Meal & Dessert £2.50, Main Meal & Water £2.50, Main Meal Only £2.20, Dessert Only £1, Friday Only Portion of Chips £1.25	

## Norlington School Autumn Menu 2020 Week 2

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY GRAB n GO
<b>MAIN CHOICE 1</b>	Savoury Beef Bolognese	Hot 'n' Kickin Chicken with Spicy Jacket Wedges	Beef Burger in a Bun with a side of Kimchi Style Slaw with Saute Potatoes	MSC Catch of the Day with Tartare Sauce with Chipped Potatoes	
<b>VEGETARIAN CHOICE</b>	Vegetable Jollof Rice	Mexican Style Quorn Loaded Burrito	Chilli Dog with Saute Potatoes	Mushroom Risotto (VE)	Salmon Pasta Bake
<b>HOT BOX GRAB n GO</b>	Chicken Zinger Wrap with Italian Potatoes £2	Layered Italian Bake £2	Sweetcorn & Pepper Pizza £2	MSC Fish Fingers & Chips £2	Italian Meat Balls in a Spicy Tomato Sauce with Mixed Rice £2
<b>JACKET POTATO GRAB n GO</b>	Jacket Potato with Various Fillings from £1.90	Jacket Potato with Various Fillings from £1.90	Jacket Potato with Various Fillings from £1.90	Jacket Potato with Various Fillings from £1.90	Jacket Potato with Various Fillings from £1.90
<b>PASTA POT GRAB n GO</b>	Pasta with Freshly Made Basilica Sauce £2	Pasta with Freshly Made Creamy Mushroom Sauce £2	Pasta with Freshly Made Bolognese Sauce £2	Pasta with Freshly Made Herby Cheese Sauce £2	
<b>Panini/Wraps/Pizza</b>	French Bread Pizza £1	Selection of Hot Wraps £1.60	French Bread Pizza £1	Selection of Hot Panini £1.50	
<b>UNLIMITED VEGETABLES</b>	Fresh Seasonal Broccoli Sweetcorn	Fresh Seasonal Organic Carrots Minted Garden Peas	Fresh Seasonal Mediterranean Roasted Vegetables	Minted Garden Peas Baked Beans	Fresh Seasonal Cabbage Green Beans
<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>	Banana Cake and Custard	Fruity Jelly and Vanilla Ice Cream	Apple Crumble and Custard	Chocolate Cake with Custard Sauce	
<b>Selection of Freshly Prepared Sandwiches/ Baguettes/Wraps</b>	Sandwiches from £1.55 Baguettes from £1.60 Wraps from £1.60	Sandwiches from £1.55 Baguettes from £1.60 Wraps from £1.60	Sandwiches from £1.55 Baguettes from £1.60 Wraps from £1.60	Sandwiches from £1.55 Baguettes from £1.60 Wraps from £1.60	Sandwiches from £1.55 Baguettes from £1.60 Wraps from £1.60
<b>FRESH FRUIT / YOGURT</b>	Fresh Fruit 30p/ Fruit Pots 80p/Organic Fruit Yogurt 45p/Ice Cream tub 60p	Fresh Fruit 30p/ Fruit Pots 80p/Organic Fruit Yogurt 45p/Ice Cream tub 60p	Fresh Fruit 30p/ Fruit Pots 80p/Organic Fruit Yogurt 45p/Ice Cream tub 60p	Fresh Fruit 30p/ Fruit Pots 80p/Organic Fruit Yogurt 45p/Ice Cream tub 60p	Fresh Fruit 30p/ Fruit Pots 80p/Organic Fruit Yogurt 45p/Ice Cream tub 60p
<b>WATER AND FRUIT DRINKS</b>	A selection of natural fruit drinks 80p/milk shake 60p/bottled water 60p/90p	A selection of natural fruit drinks 80p/milk shake 60p/bottled water 60p/90p	A selection of natural fruit drinks 80p/milk shake 60p/bottled water 60p/90p	A selection of natural fruit drinks 80p/milk shake 60p/bottled water 60p/90p	A selection of natural fruit drinks 80p/milk shake 60p/bottled water 60p/90p
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## NORLINGTON MID MORNING BREAK MENU

MID MORNING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CHOICE 1</b>	French Bread Pizza £1	Samosa 60p each	Chicken Burger £1.70	Sausage in a Roll £1.35	Cheese Bagel £1.20
<b>CHOICE 2</b>	Quorn Sausage in a Roll £1.35	Cheese Toastie £1.50	Spicy Jacket Wedges £1.25	Spring Rolls 75p	Pasta Pot £1.20
<b>FRESH FRUIT / YOGURT</b>	Fresh Fruit Pots/Fruit Yogurt	Fresh Fruit Pots/Fruit Yogurt	Fresh Fruit Pots/Fruit Yogurt	Fresh Fruit Pots/Fruit Yogurt	Fresh Fruit Pots/Fruit Yogurt
<b>WATER AND FRUIT DRINKS</b>	A selection of Natural Fruit Drinks, Milk Shakes and Bottled Water Fresh Water	A selection of Natural Fruit Drinks, Milk Shakes and Bottled Water Fresh Water	A selection of Natural Fruit Drinks, Milk Shakes and Bottled Water Fresh Water	A selection of Natural Fruit Drinks, Milk Shakes and Bottled Water Fresh Water	A selection of Natural Fruit Drinks, Milk Shakes and Bottled Water Fresh Water
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