

East Sussex Primary Back to School Term 1 2020 Menu

Week 1 w/c 31/8, 21/9, & 12/10

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Cheese and Tomato Pizza ** <i>with Potato Wedges</i> Cheesy Tomato Topped Pizza Slice	Baked Macaroni (V) Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce	Chicken Burger with Potato Wedges Roast chicken served in a soft bun with lettuce and mayo	Pasta Bolognese ** A classic Italian beef Bolognese in a yummy tomato sauce	Golden Fish Fingers and Chips Crispy Fish Fingers and scrummy chips
Alternative Dish					Quorn Nuggets and Chips (V) Crispy Quorn nuggets with their fave sauce – ketchup
Packed Lunch	Ham, Cheese, Tuna Mayo or Egg Mayo Sandwich or Baguette served with Veg Sticks And Fresh Fruit or Dessert of the Day				
Jacket Potato	Jacket Potato With Cheese, Baked Beans or Tuna Mayo				
Pasta	Tomato and Basil Pasta ** (V) A delicious tomato and basil sauce with penne pasta				
Vegetables	Carrots Sweetcorn	Peas Broccoli	Carrots Broccoli	Broccoli Sweetcorn	Baked Beans Peas
Desserts	Chocolate Brownie	Raspberry Ripple Ice Cream	Fruit & Yoghurt	Oatie Biscuit <i>with Fruit Slices</i>	Strawberry Swirl Sponge

Cool Water, Fresh Fruit and Yoghurt available daily



East Sussex Primary Back to School Term 1 2020 Menu

Week 2 w/c 7/9, 28/9 & 19/10

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Veggie Hotdog with Potato Wedges (V) Our favourite veggie hotdog served with ketchup in a soft sub roll	Baked Macaroni (V) Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce	Roast Chicken with Roast Potatoes and Gravy Moist roast chicken with fluffy roasties and tasty gravy	Veggie Sausage and Mash Potato with Gravy (V) Fluffy mash with veggie sausages and rich gravy	Crispy Fish Fillet Crispy Fish Fillet and scrummy chips
Alternative Dish					Quorn Nuggets and Chips (V) Crispy Quorn nuggets with their fave sauce – ketchup
Packed Lunch	Ham, Cheese, Tuna Mayo or Egg Mayo Sandwich or Baguette served with Veg Sticks And Fresh Fruit or Dessert of the Day				
Jacket Potato	Jacket Potato With Cheese, Baked Beans or Tuna Mayo				
Pasta	Tomato and Basil Pasta ** (V) A delicious tomato and basil sauce with penne pasta				
Vegetables	Sweetcorn Broccoli	Carrots Peas	Sweetcorn Broccoli	Sweetcorn Carrots	Peas Baked Beans
Desserts	Fruit & Yoghurt	Apple & Carrot Yoghurt Muffin	Strawberry Ice Cream	Chocolate Cake	Oatie Biscuit with Fruit Slices

Cool Water, Fresh Fruit and Yoghurt available daily



East Sussex Primary Back to School Term 1 2020 Menu

Week 3 w/c 14/9 & 5/10

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Vegetable Supreme Pizza ** with Potato Wedges Cheesy tomato topped pizza slice topped with sweetcorn and peppers	Sausage and Mash Potato with Gravy Traditional Pork Sausage and Mash with rich Gravy	Roast Chicken with Roast Potatoes and Gravy Moist roast chicken with fluffy roasties and tasty gravy	Pasta Bolognese ** A classic Italian beef Bolognese in a yummy tomato and beef sauce	Golden Fish Fingers and Chips Crispy Fish Fingers and scrummy chips
Alternative Dish					Quorn Nuggets and Chips (V) Crispy Quorn nuggets with their fave sauce – ketchup
Packed Lunch	Ham, Cheese, Tuna Mayo or Egg Mayo Sandwich or Baguette served with Veg Sticks And Fresh Fruit or Dessert of the Day				
Jacket Potato	Jacket Potato With Cheese, Baked Beans or Tuna Mayo				
Pasta	Tomato and Basil Pasta ** (V) A delicious tomato and basil sauce with penne pasta				
Vegetables	Sweetcorn Broccoli	Peas Carrots	Carrots Peas	Sweetcorn Broccoli	Baked Beans Peas
Desserts	Raspberry Yoghurt Cake	Fruit & Yoghurt	Flapjack with Fruit Slices *	Chocolate Brownie	Vanilla Ice Cream

Cool Water, Fresh Fruit and Yoghurt available daily

