



Eton Porny C. of E. First School

Lunch Menu: Sept 2022 – Feb 2023

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 - W/C 05/09 26/09 17/10 14/11 05/12 09/01 30/01	MEAT/FISH	Beef Meatballs in Tomato Sauce with Wholemeal Pasta	Lamb Lasagne	Roast Chicken, Roast Potatoes and Gravy	Pork Sausages, Mashed Potato and Gravy	Breaded Fish Fillet, chips and peas or baked beans
	VEGETARIAN	Mixed Pepper Pizza	Vegetable Lasagne	Roasted Quorn Fillet, Roast Potatoes and Gravy	Vegetarian Sausages, Mashed Potato and Gravy	Jacket Potato Cheese, Baked Beans or Tuna Mayonnaise
	JACKET POTATO	Cheese, Baked Beans or Tuna Mayonnaise	Cheese, Baked Beans or Tuna Mayonnaise	Cheese, Baked Beans or Tuna Mayonnaise	Cheese, Baked Beans or Tuna Mayonnaise	
	VEGETABLES	Sweetcorn	Cauliflower and Broccoli	Mixed Vegetables	Peas	Peas or Baked Beans
	DESSERT	Peach Crumble and Custard	Lemon and Mixed Berry Sponge Cake	Orange and Mandarin Jelly	Oat and Banana Cookie	Cheese & Biscuits
	WEEK 2 - W/C 12/09 03/10 31/10 21/11 12/12 16/01 06/02	MEAT/FISH	Tuna Wholemeal Pasta Bake	Chicken and Vegetable Wholemeal Pasta Bake	Roast Turkey, Roast Potatoes and Gravy	Breaded Chicken Strips With Rice
VEGETARIAN		Sweetcorn Pizza	Tomato and Mozzarella Pizza Pin Wheel	Pomodoro Wholemeal Pasta	Vegetable Nuggets With Rice	Jacket Potato Cheese, Baked Beans or Tuna Mayonnaise
JACKET POTATO		Cheese, Baked Beans or Tuna Mayonnaise	Cheese, Baked Beans or Tuna Mayonnaise	Cheese, Baked Beans or Tuna Mayonnaise	Cheese, Baked Beans or Tuna Mayonnaise	
VEGETABLES		Green Beans and Carrots	Peas and Broccoli	Mixed Vegetables	Sweetcorn	Peas or Baked Beans
DESSERT		Flapjack	Syrup Sponge Cake and Custard	Ice Cream	Cocoa Shortbread	Fresh Fruit
WEEK 3 - W/C 19/09 10/10 07/11 28/11 02/01 23/01		MEAT/FISH	Barbeque Chicken With yellow rice	Beef, Vegetable and Potato Shortcrust Pastry Pie	Roast Chicken, Roast Potatoes and Gravy	Beef Burger with potato wedges
	VEGETARIAN	Cheese and Tomato Pizza	Macaroni Cheese	Cheese, Onion and Potato Shortcrust Pastry Pie	Vegetable Burger with potato wedges	Jacket Potato Cheese, Baked Beans or Tuna Mayonnaise
	JACKET POTATO	Cheese, Baked Beans or Tuna Mayonnaise	Cheese, Baked Beans or Tuna Mayonnaise	Cheese, Baked Beans or Tuna Mayonnaise	Cheese, Baked Beans or Tuna Mayonnaise	
	VEGETABLES	Sweetcorn	Peas and Green Beans	Mixed Vegetables	Sweetcorn	Peas or Baked Beans
	DESSERT	Apple Crumble and Custard	Cocoa and Banana Sponge Cake	Strawberry Jelly	Oat Cookie	Cheese & Biscuits

Available Daily: Bread



Fresh Fruit



Salads



Yogurts

