





# LOWCA SCHOOL WEEK 1

Freshly  
made  
every day!



DAY	CHOICE 1 	CHOICE 2	CHOICE 3	CHOICE 4 	PUDDING
<b>Monday</b>	<b>Cheese &amp; Tomato Pizza</b> served with Baked Beans and Mixed Salad	<b>Sweet Tomato Pasta</b> served with Garlic Bread Slices, Sweetcorn and Mixed Salad	<b>Jacket Potato</b> filled with Cheese, Beans or Tuna served with Mixed Salad	<b>Soft Roll</b> filled with Egg, Ham, Cheese or Tuna served with Mixed Salad	<b>Fruit Salad</b> or Vanilla Ice Cream & Peaches or Yoghurt
<b>Tuesday</b>	<b>Chicken &amp; Vegetable Pie</b> served with New Potatoes, Carrots, Pasta Twists and Gravy	<b>Vegetable Sausage</b> served with New Potatoes, Carrots and Gravy	<b>Jacket Potato</b> filled with Cheese, Beans or Tuna served with Mixed Salad	<b>Soft Roll</b> filled with Egg, Ham, Cheese or Tuna served with Mixed Salad	<b>Fruit Salad</b> or Yoghurt or Frozen Strawberry Yoghurt
<b>Wednesday</b>	<b>Sliced Cooked Ham</b> served with Chips, Sweetcorn and Tomato Ketchup	<b>Breaded Fish Fillet</b> served with Chips and Mixed Salad	<b>Jacket Potato</b> filled with Cheese, Beans or Tuna served with Mixed Salad	<b>Soft Roll</b> filled with Egg, Ham, Cheese or Tuna served with Mixed Salad	<b>Vanilla Iced Sponge</b> or Fruit Smoothie or Yoghurt
<b>Thursday</b>	<b>Turkey Burger</b> served with Creamed Potatoes or Pasta, Carrots and Gravy	<b>Salmon Fish Finger</b> served with Creamed Potatoes or Pasta, Sweetcorn, and Baked Bean	<b>Jacket Potato</b> filled with Cheese, Beans or Tuna served with Mixed Salad	<b>Soft Roll</b> filled with Egg, Ham, Cheese or Tuna served with Mixed Salad	<b>Golden Crispie</b> or Yoghurt or Fruit Salad
<b>Friday</b>	<b>Pasta Bolognaise</b> served with Garlic Bread Slice and Sweetcorn	<b>Cheese &amp; Veg Bake</b> served with Roast Potatoes, Sweetcorn and Baked Beans	<b>Jacket Potato</b> filled with Cheese, Beans or Tuna served with Mixed Salad	<b>Soft Roll</b> filled with Egg, Ham, Cheese or Tuna served with Mixed Salad	<b>Cheese &amp; Crackers</b> or Fruit Salad or Frozen Strawberry Yoghurt

**Available Daily: Fresh Fruit and Bread!**



If you have any questions about food allergens please speak to the kitchen team who will be happy to help



# LOWCA SCHOOL WEEK 2

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DAY	CHOICE 1 	CHOICE 2	CHOICE 3	CHOICE 4 	PUDDING
<b>Monday</b>	<b>Meatballs in Gravy</b> served with Pasta Twists, Creamed Potatoes and Garden Peas	<b>Cheese &amp; Bean Pasty</b> served with Creamed Potatoes and Garden Peas	<b>Jacket Potato</b> filled with Cheese, Beans or Tuna served with Mixed Salad	<b>Soft Roll</b> filled with Egg, Ham, Cheese or Tuna served with Mixed Salad	<b>Fruit Salad</b> or Raspberry Ripple Mousse Tub or Yoghurt
<b>Tuesday</b>	<b>Chicken Korma</b> served with Brown Rice, Naan Bread and Sweetcorn	<b>Cheddar &amp; Mozzarella Cheese Pasta Bake</b> served with Crusty Bread and Sweetcorn	<b>Jacket Potato</b> filled with Cheese, Beans or Tuna served with Mixed Salad	<b>Soft Roll</b> filled with Egg, Ham, Cheese or Tuna served with Mixed Salad	<b>Iced Chocolate Sponge</b> or Fruit Salad or Yoghurt
<b>Wednesday</b>	<b>Roast Beef</b> served with Yorkshire Pudding, Creamed Potatoes, Pasta Twists, Carrots and Gravy	<b>Vegetable Sausage</b> served with Yorkshire Pudding, Creamed Potato, Pasta Twists, Carrots and Gravy	<b>Jacket Potato</b> filled with Cheese, Beans or Tuna served with Mixed Salad	<b>Soft Roll</b> filled with Egg, Ham, Cheese or Tuna served with Mixed Salad	<b>Apple Crumble</b> or Ice Cream Tub or Frozen Strawberry Yoghurt
<b>Thursday</b>	<b>Breaded White Fish Fillet</b> served with Chips, Baked Beans, Garden Peas and Tomato Ketchup	<b>Cheese &amp; Tomato Pizza</b> served with Chips, Baked Beans, Mixed Salad and Tomato Ketchup	<b>Jacket Potato</b> filled with Cheese, Beans or Tuna served with Mixed Salad	<b>Soft Roll</b> filled with Egg, Ham, Cheese or Tuna served with Mixed Salad	<b>Plain Cookie</b> or Fruit Salad or Yoghurt
<b>Friday</b>	<b>Cumberland Sausage</b> served with Creamed Potato, Pasta Twists, Carrots and Gravy	<b>Cheese &amp; Potato Pie</b> served with Baked Beans & Sweetcorn	<b>Jacket Potato</b> filled with Cheese, Beans or Tuna served with Mixed Salad	<b>Soft Roll</b> filled with Egg, Ham, Cheese or Tuna served with Mixed Salad	<b>Jelly &amp; Mandarins</b> or Frozen Strawberry Yoghurt or Yoghurt



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# LOWCA SCHOOL WEEK 3

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DAY	CHOICE 1 	CHOICE 2	CHOICE 3	CHOICE 4 	PUDDING
<b>Monday</b>	<b>Steak Pie</b> served with Creamed Potato, Pasta Twists, Carrots and Gravy	<b>Fish Fillet</b> served with Creamed Potato, Pasta, Broccoli and Baked Beans	<b>Jacket Potato</b> filled with Cheese, Beans or Tuna served with Mixed Salad	<b>Soft Roll</b> filled with Egg, Ham, Cheese or Tuna served with Mixed Salad	<b>Fruit Salad</b> or Frozen Strawberry Yoghurt or Yoghurt
<b>Tuesday</b>	<b>Meatballs in Gravy</b> served with New Potatoes, Pasta Twists, Carrots and Gravy	<b>Cheese &amp; Onion Lattice</b> served with New Potatoes and Baked Beans	<b>Jacket Potato</b> filled with Cheese, Beans or Tuna served with Mixed Salad	<b>Soft Roll</b> filled with Egg, Ham, Cheese or Tuna served with Mixed Salad	<b>Shortbread</b> or Fruit Salad or Yoghurt
<b>Wednesday</b>	<b>Minced Beef &amp; Dumplings</b> served with Creamed Potatoes, Pasta Twists, Sweetcorn and Gravy	<b>Cheese &amp; Tomato Pizza</b> served with Baked Beans and Mixed Salad	<b>Jacket Potato</b> filled with Cheese, Beans or Tuna served with Mixed Salad	<b>Soft Roll</b> filled with Egg, Ham, Cheese or Tuna served with Mixed Salad	<b>Jam Doughnut</b> or Fruit Salad or Yoghurt
<b>Thursday</b>	<b>Lasagne</b> served with Garlic Bread Slices and Sweetcorn	<b>Breaded Chicken Goujons</b> served with Tortilla Wrap and Mixed Salad	<b>Jacket Potato</b> filled with Cheese, Beans or Tuna served with Mixed Salad	<b>Soft Roll</b> filled with Egg, Ham, Cheese or Tuna served with Mixed Salad	<b>Chocolate Mousse</b> or Fruit Salad or Yoghurt
<b>Friday</b>	<b>Ham or Cheese Wrap</b> served with Chips and Mixed Salad	<b>Fish Fingers</b> served with Chips, Garden Peas and Baked Beans	<b>Jacket Potato</b> filled with Cheese, Beans or Tuna served with Mixed Salad	<b>Soft Roll</b> filled with Egg, Ham, Cheese or Tuna served with Mixed Salad	<b>Raspberry Bun</b> or Fruit Salad or Yoghurt

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