

West Alvington C of E Academy

Lunch Menu - Monday 7th January 2019 – Friday 5th April 2019

Please note that we are starting back on week 3

Week 1 - 14th January 2019, 4th February 2019, 4th March 2019, 25th March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Pasta with Bolognese/ Cheese Sauce (v)/ Tomato Sauce (v) Or Jacket Potato with Tuna or Cheese or Beans	Roast Pork Or Jacket Potato with Tuna or Cheese or Beans	Beef or Cheese and Onion Pasty Or Jacket Potato with Tuna or Cheese or Beans	Chicken Goujons Or Vegetable Burger Or Jacket Potato with Tuna or Cheese or Beans	Fish Fingers Or Vegetarian Sausages Or Jacket Potato with Tuna or Cheese or Beans
Pasta and Vegetables	Roast Potatoes or Pasta and Seasonal Vegetables	Baked Beans	Plain or Pesto Pasta and Sweetcorn	Chips or Pasta Beans or Peas
Jelly	Fruit Smoothies	Shortcake	Chocolate Sponge with Chocolate Sauce	Flapjack

Week 2 - 21st January 2019, 11th February 2019, 11th March 2019, 1st April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese and Tomato Pizza Or Jacket Potato with Tuna or Cheese or Beans	Roast Turkey Or Jacket Potato with Tuna or Cheese or Beans	Hot Dogs Or Vegetarian Sausage Hot Dog Or Jacket Potato with Tuna or Cheese or Beans	Pasta with Bolognese/ Cheese Sauce (v)/ Tomato Sauce (v) Or Jacket Potato with Tuna or Cheese or Beans	Fish Fingers Or Vegetable Fingers Or Jacket Potato with Tuna or Cheese or Beans
Baked Beans	Roast Potatoes or Pasta and Seasonal Vegetables	Potato Wedges and Baked Beans	Pasta and Vegetables	Chips or Pasta Beans or Peas
Rice Pudding	Ice Cream	• Sponge and Custard	• Shortcake	Iced Sponge

Week 3 - 7th January 2019, 28th January 2019, 25th February 2019, 18th March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage Rolls Or Vegetarian Sausage rolls Or Jacket Potato with Tuna or Cheese or Beans	Roast Gammon Or Jacket Potato with Tuna or Cheese or Beans	Beef Burgers in a bap Or Vegetarian Burger or Jacket Potato with Tuna or Cheese or Beans	Meatballs Or Tomato Sauce Or Jacket Potato with Tuna or Cheese or Beans	Fish Fingers Or Vegetable Fingers Or Jacket Potato with Tuna or Cheese or Beans
Waffle or Pasta With Baked Beans	Roast Potatoes or Pasta and Seasonal Vegetables	Potato Wedges and Baked Beans	Pasta or Vegetables	Chips or Pasta Beans or Peas
• Yoghurts	Ice Cream	Shortcake	Lemon Drizzle Cake	Chocolate Cracknel

Please only return menus if you child will start having lunches in
January 2019