



Bowhill Lunch Menu - Summer Term 2018



Monday	Tuesday	Wednesday	Thursday	Friday
Weeks commencing: 16 April, 7 May, 4 June, 25 June, 16 July				
Minced Beef Pie (2a) Quorn Burger in a Bap (2,2a,3,4,7) Jacket Potato with a Selection of Fillings Mashed Potato (7), Pasta (2a) Fruit Choc Slice(2a,4,7)	Roast Chicken and Gravy (2a,7,13) Stuffing (2a) and Yorkshire Pudding (2a,4,9) Nut Roast (v) (2a,4,10) Roast Potatoes, Mashed Potato (7), Flavoured Ice Cream (7)	Pasta Bolognese (2a) with Garlic Bread Broccoli and Cauliflower Bake and Garlic Bread (2a, 7,9) (v) Jacket Potato with a Selection of Fillings Oats and Sultana Cookie (2a,2b)	Oven Baked Fish Cake and Chips (2a,5,7,9) Vegetable Stir Fry (1,2a) Pasta (2a), Beans, Tomato Sauce Jacket Potato with a Selection of Fillings Chocolate Cracknell (2a,7)	Pork Meatballs in Tomato and Herb Sauce with Pasta (2a,7,9) Cheese and Onion Quiche (2a,4,7) Jacket Potato with a Selection of Fillings Mashed Potato (7), Pasta (2a) Selection of Desserts

Weeks commencing: 23 April, 14 May, 11 June, 2 July, 23 July				
Pulled Pork in a warm bread roll, BBQ/Apple Sauce with Coleslaw (2a,4) Macaroni Cheese with Garlic Bread (2a,7) Jacket Potato with a Selection of Fillings Raspberry and Apple Sponge with Custard (2a,4,7)	Roast Turkey and Gravy with Stuffing (2a) Yorkshire Pudding (1,2a,2c,13) Vegetable Roast (v) (2a,4,7) Roast Potatoes, Mashed Potato (7), Flavoured Ice Cream (7)	Chicken and BBQ Pizza (2a,7) Vegetable Curry with Rice and Naan Bread Jacket Potato with a Selection of Fillings Mashed Poptato (7), Pasta (2) Caribbean Cake (Banana, Pineapple and Orange) (2a,4,7)	Oven Baked Fish Fingers and Chips (1,2a,4,5,9,13) Quorn Meatballs and Pasta (2a,2c,4,7) Jacket Potato with a Selection of Fillings Pasta (2a), Beans, Tomato Sauce Eton Mess (4,7)	Beef Burger and Cheese (2a,7,14) Vegetable Paella (2a) Jacket Potato with a Selection of Fillings Potato Wedges (7), Pasta (2a) Selection of Desserts

Weeks commencing: 30 April, 1 May, 21 May, 18 June, 9 July				
Tuna and Sweetcorn Pasta Bake (2a, 5, 7, 9) (v) Veggie Burger in a Bap (2a,7,9) Jacket Potato with a Selection of Fillings Apple Flapjack (2b)	Roast Beef and Gravy (2a,7,13) and Yorkshire Pudding (2a,4,9) Nut Roast (v) (2a,4,10) Roast Potatoes, Mashed Potato (7), Flavoured Ice Cream (7)	Homemade Chicken Curry and Naan Bread (2a,7,10) Quorn Bolognese with Pasta and Garlic Bread (2a,4) Jacket Potato with a Selection of Fillings Pasta or Rice (2a) Fruit Jelly (7)	Oven Baked Fish Fingers and Chips (1,2a,4,5,9,13) Vegetable Sausage Roll (2a,2c,4,7) Jacket Potato with a Selection of Fillings Tomato Sauce Chips, Pasta (2a), Beans Custard Biscuit and Fruit Juice (2a,7)	Pork Hot Dog Sausages with Onions (2a,7,13) Tomato Pasta Bake (2a) (v) Jacket Potato with a Selection of Fillings Mashed Potato (7) Selection of Desserts

Available Daily : A minimum of three vegetables to choose from. A range of freshly prepared salads from our salad bar. A selection of Jacket Potato fillings including Cheddar Cheese(7), Baked Beans, Dolphin Friendly Tuna Mayo(7), Coronation Chicken(7), Homemade Rustic Coleslaw and Chicken Mayo (7). Fresh Fruit, Low Fat Fruit Yoghurts (7), Fruits in Juice, Milk and Water and Bread (2a)