



Bowhill Lunch Menu - Summer Term 2019



Monday	Tuesday	Wednesday	Thursday	Friday
Weeks commencing: 22 April, 13 May, 10 June, 1 July, 22 July				
Pasta Bolognese (2a) with Garlic Bread Veggie Burger (2a,7,9) (v) Jacket Potato with a Selection of Fillings 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 Flavoured Ice Cream (7)	Sausage, Mash and Gravy (1,2a) Cauliflower Cheese Bake served with Mash (7) (v) Jacket Potato with a Selection of Fillings Iced Sponge (2a,7)	Oven Baked Fish Fingers and Chips (1,2a,4,5,9,13) Quorn Shepherdess Pie (2a,7) (v) Mashed Potato, Beans, Tomato Sauce Jacket Potato with a Selection of Fillings Chocolate Cracknell (2a,7)	Sweet and Sour Chicken with Rice (Brown and White) (1,9,6,13,14) Chickpea and Spinach Curry with Rice (6,7,10.11,13) (v) Jacket Potato with a Selection of Fillings Selection of Desserts

Weeks commencing: 29 April, 20 May, 17 June, 8 July				
Beef Meatballs in Tomato Sauce with Pasta (2a, 7,9,10.11.12) Macaroni Cheese and Garlic Bread (2a,7) (v) Jacket Potato with a Selection of Fillings Caribbean Cake (Banana, Pineapple and Orange) (2a,4,7)	Roast Turkey and Gravy with Stuffing (2a) Yorkshire Pudding (1,2a,2c,13) Veggie Puff (2a,4,7) (v) Roast Potatoes, Mashed Potato Flavoured Ice Cream (7)	Tuna and Sweetcorn Pasta Bake (2a, 5, 7, 9) Vegetable Pizza (2a,7) (v) Jacket Potato with a Selection of Fillings New Potatoes Apple Flapjack (2b)	Oven Baked Fish Cake and Chips (2a,5,7,9) Quorn Spaghetti Bolognese (2a,2c,4,7) (v) Jacket Potato with a Selection of Fillings Pasta (2a), Beans, Tomato Sauce Chocolate Drop Biscuit (2a,4,7)	Mixed Grill (Sausage and Bacon) and Baked Beans (2a,7,9,13,14) Veggie Hot Dogs with Onions (2a,7,9) (v) Jacket Potato with a Selection of Fillings Mashed Potato Selection of Desserts

Weeks commencing: 6 May, 3 June, 24 June, 15 July				
Lasagne with Garlic Bread (2a,7) Sweet Potato and Lentil Curry (6,13) (v) Jacket Potato with a Selection of Fillings Apple Crumble and Custard (2a,7)	Roast Chicken and Gravy (2a,7,13) Stuffing (2a) and Yorkshire Pudding (2a,4,9) Nut Roast (2a,4,10) (v) Roast Potatoes, Mashed Potato Flavoured Ice Cream (7)	Mild Chicken Curry with Rice and Naan Bread (2a,7,10) Quorn Vegetable Lasagne (2a,4,7) (v) Jacket Potato with a Selection of Fillings Banana Cake (2a,4,7)	Oven Baked Fish Fingers and Chips (1,2a,4,5,9,13) Quorn Meatballs and Pasta (2a,2c,4,7) (v) Jacket Potato with a Selection of Fillings Tomato Sauce Pasta (2a), Beans Fruit Jelly and Cream	Beef Burger and Cheese (Optional) (2a,7,14) Spanish Omelette (4) (v) Jacket Potato with a Selection of Fillings Oven Baked Potato Wedges (7), Pasta (2a) 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)