

EAT**LEARN****LIVE**

In Association With Dulwich Hamlet Junior School

| Week 1 25th January | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|--|
| Dish of the Day | Sweet and Sour chicken served with Noodles | Spaghetti Bolognaise served with garlic bread | Roast Turkey served with roast potatoes in Their Skins | Premium Burger In A Bun served with Potato Wedges & Tomato Relish | Fishfingers served with Oven chips and Baked beans |
| Vegetarian Option | Sweet and Sour Vegetables Served with Noodles | Vegetable Bolognaise served with garlic bread | Vegetarian Roast served with Roast Potatoes in Their Skins | Vegeburger in A Bun served with Potato Wedges & Tomato Relish | Quorn fingers served with oven chips and baked beans |
| Extra Choice | Jacket Potato or Baguette with a Selection of Fillings | Jacket Potato or Baguette with a Selection of Fillings | Jacket Potato or Baguette with a Selection of Fillings | Jacket Potato or Baguette with a Selection of Fillings | Jacket Potato or Baguette with a Selection of Fillings |
| Vegetables | Seasonal Vegetables | Seasonal Vegetables | Seasonal Vegetables | Seasonal Vegetables | Baked beans |
| Salad Selection | Fresh Salad Selection | Fresh Salad Selection | Fresh Salad Selection | Fresh Salad Selection | Fresh Salad Selection |
| Desserts | Fresh Fruit Yoghurt Carrot Cake Seasonal Fruit Platter | Fresh Fruit Yoghurt Fruit Jelly Fresh Fruit Selection | Fresh Fruit Yoghurt Banana chocolate muffins Tropical Fruit Salad | Fresh Fruit Yoghurt Apple oatie biscuits Fresh Fruit Selection | Icecream with fruit dippers Fresh Fruit Pots |
| | Chilled Water Cool Milk | Chilled Water Cool Milk | Chilled Water Cool Milk | Chilled Water Cool Milk | Chilled Water Cool Milk |

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| Week 2 1st February | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|--|
| Dish of The Day | Spicy Chicken Rice with Homemade Bread | Chilli Con Carne served with A Jacket Potato | Roast Chicken and Glazed Apple Ring served with roast Potatoes | Meatballs in an Italian Tomato Sauce served with spaghetti | Lemon Fishcakes served with oven baked Chips |
| Vegetarian Option | Spicy Vegetable Riice with Homemade Bread | Vegetable Chilli served with A Jacket Potato | Chimichangas with a Sweet Chilli Sauce | Quorn Mince Balls in an Italian Tomato Sauce served with Spaghetti | Vegecakes Served with oven baked Chips |
| Extra Choice | Jacket Potato or Baguette with a Selection of Fillings | Jacket Potato or Baguette with a Selection of Fillings | Jacket Potato or Baguette with a Selection of Fillings | Jacket Potato or Baguette with a Selection of Fillings | Jacket Potato or Baguette with a Selection of Fillings |
| Vegetables | Seasonal Vegetables | Seasonal Vegetables | Seasonal Vegetables | Seasonal Vegetables | Baked Beans |
| Salad Selection | Fresh Salad Selection | Fresh Salad Selection | Fresh Salad Selection | Fresh Salad Selection | Fresh Salad Selection |
| Desserts | Fresh Fruit Yoghurt Lemon Sponge Slices Tropical Fruit Bowl | Fresh Fruit Yoghurt Fruity Flapjack Fresh Fruit Selection | Fresh Fruit Yoghurt Fruit Trifle Fresh Fruit Platter | Fresh Fruit Yoghurt Apple Crumble and custard Fresh Fruit Selection | Fresh Fruit Yoghurt Fresh Fruit Delight Seasonal Fruit Cup |
| Drinks Selection | Chilled Water Cool Milk | Chilled Water Cool Milk | Chilled Water Cool Milk | Chilled Water Cool Milk | Chilled Water Cool Milk |

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| Week 3 8th February | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|--|
| Dish of The Day | Turkey Korma with spinach served with rice | Moroccan Lamb served with lemon cous cous | Penne Pasta with Minced Beef and Roasted Vegetables in Tomato Sauce | Stir Fry Chicken served with noodles | Homemade Salmon Fishcake served with Oven Baked Jacket Wedges |
| Vegetarian Option | Vegetable Korma with spinach served with rice | Moroccan Root Vegetables served with lemon cous cous | Roasted Root Vegetable Medley Served with New Potatoes | Vegetable Stir Fry served with noodles | Spanish Omelette served with Oven Baked Jacket Wedges |
| Extra Choice | Jacket Potato or Baguette with a Selection of Fillings | Jacket Potato or Baguette with a Selection of Fillings | Jacket Potato or Baguette with a Selection of Fillings | Jacket Potato or Baguette with a Selection of Fillings | Jacket Potato or Baguette with a Selection of Fillings |
| Vegetables | Seasonal Vegetables | Seasonal Vegetables | Seasonal Vegetables | Seasonal Vegetables | Seasonal Vegetables |
| Salad Selection | Fresh Salad Selection | Fresh Salad Selection | Fresh Salad Selection | Fresh Salad Selection | Fresh Salad Selection |
| Desserts | Fresh Fruit Yoghurt Chocolate sponge with choc custard Seasonal Fruit Pot | Fresh Fruit Yoghurt Fruit tart and vanilla sauce Tropical Fruit Salad | Fresh Fruit Yoghurt Peach Jelly Fresh Fruit Platter | Fresh Fruit Yoghurt Banana Cake slice Fresh Fruit Salad | Frozen Fruit Yoghurt Icecream and Fruit Fresh Fruit Cups |
| Drinks Selection | Chilled Water Cool Milk | Chilled Water Cool Milk | Chilled Water Cool Milk | Chilled Water Cool Milk | Chilled Water Cool Milk |