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23rd March 2023

Dear Parent/Carer

As you are aware from our latest newsletter we will be changing our school meal provider, from the 18th April our new caterers will be Nourish. Attached is the new menu.

From the 18th April there will be an increase in the cost of school meals, currently the school meals are £2.40 a day this will rise to

£2.50 a day
£12.50 a week
£50.00 a Month

We are looking forward to working in partnership with Nourish.

Yours sincerely

Sue Murrell

Susan Murrell
Office Manager


contract catering

Head Teacher: Ken Johnson
Deputy Head: Leona Baffour

 **Lewisham**

WEEKLY MENU

REMEMBER... RECEPTION, YEAR 1 & YEAR 2 ARE ENTITLED TO FREE SCHOOL MEALS. THIS EXCLUDES INDEPENDENT SCHOOLS.



WEEK 1

17th April
15th May
19th June
17th July
25th Sept
23rd Oct

Macaroni Cheese 1.7 V
Vegetable Hot Pot V
Jackets with a Choice of Toppings 7.8,9

Green Beans
Carrots

Ice Cream 7
Mr Nourish Biscuit 1
Fruit Pots

BBQ Pulled Chicken in a Bun 1.5
Herby Tomato Penne Pasta 1 V
Jackets with a Choice of Toppings 7.8,9

Rainbow Rice, Sweetcorn
Courgettes

Chocolate Pudding 1.9
& Chocolate Sauce 7
Mr Nourish Biscuit 1
Fruit Pots

Roast Turkey & Gravy
Cheesy Vegetable Burrito 1.7 V
Jackets with a Choice of Toppings 7.8,9

Rustic Roast Potatoes
Jollof Rice, Cabbage, Carrots

Fruit Jelly
Mr Nourish Biscuit 1
Yoghurt 7
Fruit Pots

Chicken Pie 1
Arabiatta Pasta Twists 1 V
Jackets with a Choice of Toppings 7.8,9

New Potatoes
Seasonal Vegetables

Peach Sponge 1.9
Mr Nourish Biscuit 1
Yoghurt 7
Fruit Pots

Fish Fingers 1.8
Cheese & Spinach Pinwheel 1.7 V
Jackets with a Choice of Toppings 7.8,9

Chips, Peas
Baked Beans, Coleslaw 9

Banana Bar 1.15
Yoghurt 7
Fruit Pots

Dishes marked with any of the following numbers contain the matching allergen.

- 1 Wheat Gluten
- 2 Crustaceans
- 3 Soybean
- 4 Mustard
- 5 Sesame
- 6 Sulphites/Sulphur Dioxide
- 7 Milk
- 8 Fish
- 9 Egg
- 10 Peanuts
- 11 Molluscs
- 12 Celeriac/Celery
- 13 Nuts
- 14 Lupins
- 15 Oat Gluten
- 16 Barley Gluten



WEEK 2

24th April
22nd May
26th June
4th Sept
2nd Oct

Vegetable Pie 1 V
Cheese & Bean Wrap Pocket 1.7 V
Jackets with a Choice of Toppings 7.8,9

New Potatoes
Seasonal Vegetables

Banana in Chocolate Custard 7
Mr Nourish Biscuit 1
Fruit Pots

Sweet Chicken Curry
Cheese Topped Pasta Bake 1.7 V
Jackets with a Choice of Toppings 7.8,9

Rice, Carrots
Cauliflower

Apple Crumble 1 & Custard 7
Mr Nourish Biscuit 1
Fruit Pots

Roast Chicken & Gravy
Caribbean Pasty 1 V
Jackets with a Choice of Toppings 7.8,9

Rustic Roast Potatoes
Jollof Rice, Broccoli
Sweetcorn

Crispy Cake 3.7,16
Mr Nourish Biscuit 1
Fruit Pots, Yoghurt 7

Keema Pie
Cheesy Pasta Twists 1.7 V
Jackets with a Choice of Toppings 7.8,9

Carrots
Green Beans

Lemon Drizzle Cake 1.9
Mr Nourish Biscuit 1
Yoghurt 7
Fruit Pots

Chicken Bites 1
Summer Frittata 9 V
Jackets with a Choice of Toppings 7.8,9

Chips, Peas
Baked Beans, Cucumber Sticks

Caramel Cookie 1.7
Yoghurt 7
Fruit Pots

WEEK 3

1st May
5th June
3rd July
11th Sept
9th Oct

Margherita Pizza 1.3,7,9 V
Loaded Cajun Bean Wedges V
Jackets with a Choice of Toppings 7.8,9

New Potatoes
Sweetcorn
Peppers

Ice Cream 7
Mr Nourish Biscuit 1
Fruit Pots

Sweet & Sour Chicken
Cheesy Pasta Bows 1.7 V
Jackets with a Choice of Toppings 7.8,9

Rice, Cauliflower
Carrots

Jam Tart 1.6 & Custard 7
Mr Nourish Biscuit 1
Fruit Pots

Toad in the Hole 1.6,7,9
Vegetable Toad in The Hole 1.2,9 V
Jackets with a Choice of Toppings 7.8,9

Rustic Roast Potatoes
Cabbage, Peas

Fruit Jelly
Mr Nourish Biscuit 1
Yoghurt 7
Fruit Pots

Penne Bolognese 1
Rice & Bean Burrito 1 V
Jackets with a Choice of Toppings 7.8,9

Baked Wedges
Seasonal Vegetables

Beetroot Cake 1.9
Mr Nourish Biscuit 1
Yoghurt 7
Fruit Pots

Fish Fingers 1.8
Cheesy Bean Slice 1.7 V
Jackets with a Choice of Toppings 7.8,9

Chips, Peas
Baked Beans, Coleslaw 9

Brownie 1.9
Yoghurt 7
Fruit Pots



WEEK 4

8th May
12th June
10th July
18th Sept
16th Oct

Meatfree Meatballs & Pasta 1 V
Quorn Sausage & Bean Pie 1 V
Jackets with a Choice of Toppings 7.8,9

Cauliflower
Carrots

Peach Crumble 1 & Custard 7
Mr Nourish Biscuit 1
Fruit Pots

Beef & Onion Pie 1
Cheesy Pasta Twists 1.7 V
Jackets with a Choice of Toppings 7.8,9

New Potatoes
Seasonal Vegetables

Strawberry Pot 7
Mr Nourish Biscuit 1
Fruit Pots

Roast Chicken & Gravy
Vegan Sausage Roll 1 V
Jackets with a Choice of Toppings 7.8,9

Rustic Roast Potatoes
Jollof Rice, Green Beans, Carrots

Chocolate Cornflake Cake 3.7,16
Mr Nourish Biscuit 1
Yoghurt 7
Fruit Pots

Chicken Fajitas 1.4
Tomato Spaghetti 1 V
Jackets with a Choice of Toppings 7.8,9

Rice, Sweetcorn, Side Salad

Traybake Pancake 1.7,9 & Berry Sauce
Mr Nourish Biscuit 1
Yoghurt 7
Fruit Pots

Salmon Fish Cakes 1.2,8
Margherita Pizza 1.3,7,9 V
Jackets with a Choice of Toppings 7.8,9

Chips, Peas
Baked Beans, Carrot Sticks

Oaty Biscuit 1.15
Fruit Pots, Yoghurt 7

