



MENU – W/C Monday 8th October 2018

Where possible please try to keep dinner money separate to all other payments. Thank you.

WEEK 3	MAIN COURSE	DESSERT
Monday	Lighthouse Chef's Pizza with Pesto Besto Pasta and Sweetcorn OR	Traditional Victoria Sandwich filled with Jam and Cream
	Tomato or Vegetable Soup AND Sandwich (Cheese or Tuna)	
Tuesday	Bitesize Chicken Nuggets in a creamy tomato sauce with Rice and Naan Bread Fingers OR	Golden Syrup Sponge with Vanilla Custard
	Tomato or Vegetable Soup AND Sandwich (Cheese or Ham)	
Wednesday	Catch the Toad in the Hole with Creamy Potato, Crunchy Carrots and Good for You Cabbage OR	Rich and Creamy Rice Pudding with Fruit Coulis or Fruit Jam
	Tomato or Vegetable Soup AND Sandwich (Cheese or Tuna)	
Thursday	Jack Sparrow's Favourite, Fishy Fingers and Chunky Chips with Bakey Beans / Sweetcorn OR	Velvety Smooth Viennese Swirl
	Tomato or Vegetable Soup AND Sandwich (Cheese or Ham)	
Friday	Luscious Lasagne with Crusty Garlic Bread and Mixed Green Salad	Red and Fruity Frozen Raspberry Ripple Mousse with Fruit Coulis
	Tomato or Vegetable Soup AND Sandwich (Cheese or Tuna)	

Every Day Option: Jacket Potato with a choice of fillings – Cheese, Baked Beans or Tuna.

New Packed Lunch selection – choice of sandwiches, finger food and dessert of the day.

Fresh Fruit & Yogurt

Vegetarian options available.

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NAME:

YEAR:

Infants receive a Free School Meal

Juniors select chosen days and return **£2.50** per meal to the Office by **Monday 1st October 2018**

Cheques payable to "The Lighthouse Centre Ltd"

Thank you

Week 3	MAIN MENU	SCHOOL PACKED LUNCH Indicate choice of filling	JACKET POTATO	SOUP SANDWICH	
MON			Cheese Beans Tuna	Tom or Veg	Cheese or Tuna
TUES			Cheese Beans Tuna	Tom or Veg	Cheese or Ham
WED			Cheese Beans Tuna	Tom or Veg	Cheese or Tuna
THURS			Cheese Beans Tuna	Tom or Veg	Cheese or Ham
FRI			Cheese Beans Tuna	Tom or Veg	Cheese or Tuna

School packed lunch sandwich fillings: Ham, Cheese, Tuna, Egg or Jam.

Please indicate choice of filling in box provided.