

Threlkeld School Menu

Week 1

Monday	Jacket Potato with a choice of 2 fillings, Tuna, Cheese or Beans served with seasonal vegetables & salad	Chocolate Cup Cake or Fresh Fruit or Yoghurt
Tuesday	Minced Beef or Veggie Mince & Dumpling served with seasonal vegetables	Lemon Crumble Bar or Fresh Fruit or Yoghurt
Wednesday	Ham or & Boiled Egg served with Roast Potatoes & Mixed Salad	Cheesecake or Fresh Fruit or Yoghurt
Thursday	Chicken or Veggie Sausage in a tomato sauce served with Brown Rice & seasonal vegetables	Shortbread Or Fresh Fruit or Yoghurt
Friday	Salt & Vinegar Fish Goujons or Veggie Burger served with Oven Chips Baked Beans	Scone with Jam & Cream or Fresh Fruit or yoghurt

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Week 2

Monday

Bacon Tomato & Vegetable Pasta or
Tomato & Vegetable Pasta with Seasonal
Vegetables & Garlic Bread

Ginger Sponge & Custard
or Fresh Fruit or Yoghurt

Tuesday

Cumberland Sausages & Yorkshire Pud or
Vegetable Sausages & Yorkshire Pud with
Creamed Potatoe and Seasonal Vegetables

Mandarins in Jelly
Yoghurt or Fresh Fruit

Wednesday

Chicken Burger or Veggie Burger with Roast
Potatoes and Seasonal Vegetables

Chocolate Crunch
Yoghurt or Fresh Fruit

Thursday

Cheese & Egg Flan with New Potatoes &
Mixed Salad

Rice Pudding with Peaches
or Jam or Yoghurt or Fresh
Fruit

Friday

Salmon Nibbles or Macaroni Cheese With
Oven Chips & Baked Beans

Raspberry Blush Slice
Yoghurt or Fresh Fruit

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Week 3

Monday

Pepperoni Pizza or Margherita
With ½ Jacket Potatoe with Baked Beans

Fresh Fruit Salad or
Yoghurt or Fresh Fruit

Tuesday

Crispy Chicken in a Bun or Veggie Grill in a
Bun with Seasonal Vegetables

Apple Crumble & Custard
or Yoghurt or Fresh Fruit

Wednesday

Roast Pork & Apple Sauce or Veggie
Sausage with Roast Potatoe & Seasonal
Vegetables

Ice Cream Tub or Yoghurt
or Fresh Fruit

Thursday

Pasta Bolognese or Veggie Mince Pasta
Bolognese with Garlic Bread & Seasonal
Vegetables

Carrot Cake or
Yoghurt or Fresh Fruit

Friday

Fish Fingers or Cheese & Vegetable Bake
with Oven Chips & Seasonal Vegetables

Ginger Biscuit or
Yoghurt or Fresh Fruit