



# Bowhill Lunch Menu - Spring Term 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Weeks commencing: 7 January, 28 January, 25 February, 18 March</b>				
Lasagne and Garlic Bread (2a,7)	Roast Chicken and Gravy (1,2a,2c,13) with Yorkshire Pudding (2a,4,7)	Homemade Chicken Pie (1,2a,4,7)	Oven Baked Fish Fingers and Chips (1,2a,5,7,9,13)	Burgers with Cheese (optional) (2a,7,14)
Veggie Burger in a Bap (v) (2a,7,9)	Vegetable Roast (v) (2a,4,10)	Sticky Quorn Sausages (v) (2a,7,9)	Cheese and Onion Wheels (v) (2a,4,7)	Cauliflower Cheese (v) (7,9,20)
Jacket Potato with a selection of fillings	Roast Potatoes, Mashed Potato (7)	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings
Selection of Vegetables	Selection of Vegetables	Mashed Potato (7) Pasta 2(a) Selection of Vegetables	Selection of Vegetables, Baked Beans Tomato Sauce (1)	Pasta (2a), Potato Wedges Selection of Vegetables
Chocolate Shortbread (2a,7)	Flavoured Ice Cream (7)	Apple Crumble and Custard (2a,7)	Fruit Sponge (2a,4,7) and Fruit Juice	Selection of Desserts

<b>Weeks commencing: 14 January, 4 February, 4 March, 25 March</b>				
Cottage Pie (1,2a,2c,7,13)	Roast Turkey and Gravy (1,2a,2c,13) with Yorkshire Pudding (2a,4,7) & Stuffing (2a)	Homemade Chicken Curry with Rice and Naan Bread (2a,7,10)	Oven Baked Fish Cake and Chips (1,2a,4,5,9,13)	Pork Meatballs in Tomato Sauce (2a,7,9)
Macaroni Cheese (v) (2a,7)	Nut Roast (v) (2a,4,10)	Quorn and Vegetable Cottage Pie (v) (2a,7)	Veggie Hot Dogs with Onions (v) (2a,7,9)	Homity Pie (v) (2a,7)
Jacket Potato with a selection of fillings	Roast Potatoes, Mashed Potato (7)	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings
Selection of Vegetables	Selection of Vegetables	Selection of Vegetables	Pasta (2a) Selection of Vegetables, Baked Beans Tomato Sauce (1)	Mashed Potato (7), Pasta (2a) Selection of Vegetables
Sticky Chocolate Slice with Chocolate Sauce (2a,4,7)	Flavoured Icecream (7)	Farmhouse Fruitcake and Custard (2a,4,7)	Custard Biscuits (2a,7)	Selection of Desserts

<b>Weeks commencing: 21 January, 11 February, 11 March, 1 April</b>				
Fish Pie (5,7,20)	Roast Beef and Gravy (1,2a,2c,13) with Yorkshire Pudding (2a,4,7) & Stuffing (2a)	Mixed Grill (Sausage and Bacon) with Mashed Potato and Baked Beans (2a,7,9,13,14)	Oven Baked Fish Fingers and Chips (2a,5,7,9,13)	Roast Gammon with Pineapple (optional) and Gravy (optional) (1,2a,2c,13)
Homemade Cheese and Tomato Pizza (v) (2a,7)	Nut Roast (v) (2a,4,10)	Vegetable Korma Curry with Rice and Naan Bread (v) (1,2a,7,10)	Tomato Pasta Bake (v) (2a,7)	Omelette and Vegetable Flan (v) (4,7)
Jacket Potato with a selection of fillings	Roast Potatoes, Mashed Potato (7)	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings
Potato Wedges (7), Pasta (2a) Selection of Vegetables	Selection of Vegetables	Selection of Vegetables	Pasta (2a) Selection of Vegetables, Baked Beans Tomato Sauce (1)	Roast Potatoes, Mashed Potato (7)
Chocolate Cracknel (2a,7)	Flavoured Icecream (7)	Carrot Cake (2a,4,7)	Chocolate Drop Biscuit (2a,7)	Selection of Vegetables
				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), Homemade Rustic Coleslaw and Chicken Mayo (7).  
Fresh Fruit, Low Fat Fruit Yoghurts (7), Fruits in Juice, Milk and Water and Bread (2a)