



Le Hérisson School Lunch Menu



Week 1 (7th October)

Monday Meatballs and Pasta.

Followed by Fruit Flapjack.

Tuesday Ham Chowder.

Followed by Natural Yoghurt and Berry Coulis.

Wednesday Pearl Barley & Vegetable Soup served with Cheese on Toast.

Followed by Fresh Fruit Salad.

Thursday Roast Chicken Breast in Gravy served with Seasonal Vegetables & Mashed Potato.

Followed by Jelly.

Friday White Fish, Lemon, Diced Potato & Parsley in a Cream Sauce served with Peas.

Followed by Banana Bread.

Week 2 (14th October)

Cottage Pie: Minced Beef, Diced Carrots, Peas, Onions, Swede in a Herbed Gravy served with Mashed Potato.

Followed by Apple & Cinnamon Sponge.

Chicken & Basil Pasta.

Followed by Fruit Salad.

Pizza with Carrots.

Followed by Fruit Petits Filous.

Tuna Conchiglie Pasta in a Herby Tomato Sauce served with Peas.

Followed by Chocolate & Orange Sponge.

Jacket potato with Cheese & Beans.

Followed by Melon Slices.



Week 3 (21st October)

Chicken Casserole with Swede, Parsnip, Boiled Potatoes, Carrots & Lentils.

Followed by Fruit Yoghurts.

Vegan Chilli and Rice.

Followed by Bananas & Custard.

Fishfingers & Potato Wedges with Baked Beans, Green Beans.

Followed by Fresh Fruit Salad

Chicken & Pea Curry served with Mixed Rice.

Followed by Peaches and Yoghurt

Minced Lamb, Lentil and Rosemary Casserole served with New Potatoes

Followed by Apple Crumble