
















Liscard Primary School - Week One

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Homemade Pizza Choose from cheese & tomato or pepperoni served with pasta spirals and sweetcorn or mixed salad</p> 	 <p>All Day Breakfast Choose from a rasher of bacon or a Quorn sausage, served with hash brown, baked beans, mushrooms, tomatoes, and crusty bread.</p>	<p>Roast Dinner Choose from either home roasted meat of the week or a Quorn fillet served with roast potatoes, carrots, cauliflower, Yorkshire pudding and gravy</p> 	 <p>Pasta Bake Choose from fresh chicken or Veggie chicken with pasta spirals coated in a tomato and basil sauce, then topped with cheese and baked in the oven. Served with garlic bread and broccoli.</p>	<p>Fish & Chips Choose from either cod fillet fish fingers, battered cod fillet or Quorn nuggets baked in the oven and served with chips and peas or baked beans</p> 
<p><i>Jacket Potatoes are also available daily as a hot alternative</i></p>				
<p><i>Or</i></p>				
<p><i>A selection of sandwiches, served on sliced bread, wraps and assorted batch with a choice filling will be available daily - ham, cheese, tuna and finally finish with a choice of salad - carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, and peppers.</i></p>				
<p>Dessert A selection of homemade desserts will be available every day as well as Fresh Fruit, Fruit Salad, Yogurts and Cheese and Crackers</p>				
<p>Drink A selection of drinks will be available daily</p>				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Chicken Goujons Breaded chicken goujons baked in the oven and served with homemade herby diced potatoes and sweetcorn Veggie goujons available as a vegetarian alternative</p> 	 <p>Sausage & Mash Choose from fresh butcher's quality pork sausages or Quorn sausages served with homemade mashed potatoes, peas and gravy</p>	<p>Chilli Nachos Choose from either fresh mince beef or Quorn mince cooked with onions, mild chilli powder, red peppers and kidney beans topped with tortilla chips and cheese served on a bed of rice with corn on the cob.</p> 	 <p>Pasta Bar Choose your pasta - spirals or spaghetti. Choose your sauce - homemade Carbonara, tomato & herb or cheese. Top with a choice of cheese, ham or tuna Served with broccoli</p>	<p>Fish Fry Day Choose from either cod fillet fish fingers, battered cod fillet or Quorn nuggets baked in the oven and served with chips and peas or baked beans</p> 
<p><i>Jacket Potatoes are also available daily as a hot alternative</i></p>				
<p><i>Or</i></p>				
<p>Deli Bar - Available Everyday A selection of sandwiches, served on sliced bread, wraps and assorted batch with a choice filling will be available daily - ham, cheese, tuna and finally finish with a choice of salad - carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, and peppers.</p>				
<p>Dessert A selection of homemade desserts will be available every day as well as Fresh Fruit, Fruit Salad, Yogurts and Cheese and Crackers</p>				
<p>Drink A selection of drinks will be available daily</p>				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Burger Day Choose from a butcher's quality beef burger or a vegetable burger, served in a bun with homemade potato wedges and mixed salad or sweetcorn</p> 	 <p>Curry Day Choose from a homemade creamy chicken curry or a vegetable curry served with Rice, Naan bread and green beans.</p>	<p>Roast Dinner Choose from roast meat of the day or a Quorn fillet, served with Yorkshire pudding, roast potatoes, cabbage, carrots and gravy.</p> 	 <p>Spaghetti Bolognese Choose from fresh minced beef or Vegimince cooked with onions, garlic, tomatoes and herbs, served on a bed of pasta and broccoli</p>	<p>Fish & Chips Choose from either cod fillet fish fingers, battered cod fillet or Quorn nuggets baked in the oven and served with chips and peas or baked beans</p> 
<p><i>Jacket Potatoes are also available daily as a hot alternative</i></p>				
<p><i>Or</i></p>				
<p>Delì Bar - Available Everyday <i>A selection of sandwiches, served on sliced bread, wraps and assorted batch with a choice filling will be available daily - ham, cheese, tuna and finally finish with a choice of salad - carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, and peppers.</i></p>				
<p>Dessert <i>A selection of homemade desserts will be available every day as well as Fresh Fruit, Fruit Salad, Yogurts and Cheese and Crackers</i></p>				
<p>Drink <i>A selection of drinks will be available daily</i></p>				
