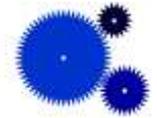
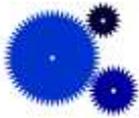


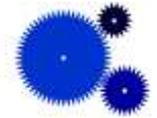
# Prescot Primary School - Week One



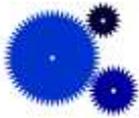
| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |
|--|---|---|---|--|
| <p><b>Homemade Pizza</b></p> <p>Choose from cheese &amp; tomato, pepperoni or ham &amp; pineapple served with potato wedges and baked beans or help yourself to salad from the deli bar</p>   |  <p><b>Chilli Nachos</b></p> <p>Choose from fresh minced beef or Veggie mince cooked with onions, chilli powder, tomatoes and red kidney beans. Topped with Nachos and cheese and baked in the oven and served with rice and green beans</p> | <p><b>Spicy Chicken Wrap</b></p> <p>Choose from strips of fresh chicken or Quorn strips marinated in herbs and spices and served on a tortilla wrap with salad and sweetcorn</p>  |  <p><b>Roast Dinner</b></p> <p>Choose from either home roasted boneless leg of pork or a Quorn fillet served with roast potatoes, carrots, cabbage and gravy</p> | <p><b>Fish &amp; Chips</b></p> <p>Choose from either Cod fillet fish fingers or a breaded cod fillet 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><b><i>Deli Bar - Available Everyday</i></b></p> <p>Design your own sandwich, first choose your bread - wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily - ham, cheese, tuna, Chinese chicken, turkey, roast beef, egg and finally finish with a choice of salad - carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers.</p> |   |   |   |  |
| <p><b><i>Dessert</i></b></p> <p>Fresh Fruit, Fruit Pots, Yoghurts and Cheese and Crackers are available daily along with the dessert of the day</p>  |   |   |   |  |
| Ice Cream  | Chocolate Cookies   | Raspberry & Blueberry Muffins   | Lemon Drizzle Cake  | Orange Biscuits  |
| <p><b><i>Drink</i></b></p> <p>A selection of fresh fruit juice and fresh milkshakes, milk and water will be available daily</p>  |   |   |   |  |



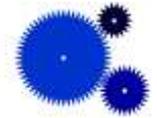
# Prescot Primary School - Week Two



| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---|--|---|---|--|
| <p><b>Spaghetti Bolognaise</b></p> <p>Choose from fresh minced beef or Veggie mince cooked with onions, garlic, tomatoes and herbs, served on a bed of spaghetti with broccoli</p>   |  <p><b>Chicken &amp; Leek Pie</b></p> <p>Pieces of fresh chicken cooked with leeks in a creamy sauce then topped with pastry and baked in the oven served with mashed potato and peas</p> | <p><b>Fruity Curry</b></p> <p>Choose from a homemade fruity beef curry or a veggie curry served with rice and naan bread</p>  |  <p><b>Roast Dinner</b></p> <p>Choose from either home roasted breast of turkey or Quorn fillet served with stuffing, roast potatoes, carrots, cauliflower and gravy</p> | <p><b>Fish &amp; Chips</b></p> <p>Choose from either Cod fillet fish fingers or a breaded cod fillet, both 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><b>Deli Bar - Available Everyday</b></p> <p>Design your own sandwich, first choose your bread - wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily - ham, cheese, tuna, Chinese chicken, turkey, roast beef, egg and finally finish with a choice of salad - carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers.</p> |  |   |   |  |
| <p><b>Dessert</b></p> <p>Fresh Fruit, Fruit Pots, Yoghurts and Cheese and Crackers are available daily along with the dessert of the day</p>  |  |   |   |  |
| Ice Cream   | Plain Cookies  | Chocolate Surprise Cake   | Cornflake Cake  | Iced Sponge  |
| <p><b>Drink</b></p> <p>A selection of fresh fruit juice and fresh milkshakes, milk and water will be available daily</p>  |  |   |   |  |



# Prescot Primary School - Week Three



| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---|--|---|---|--|
| <p><b>Sausage &amp; Mash</b></p> <p>Choose from fresh butcher's quality pork sausages or Quorn sausages served with homemade mashed potatoes, cabbage and gravy</p>    |  <p><b>Marinated Chicken</b></p> <p>Fresh chicken fillets or Quorn fillets marinated in either BBQ or Cajun spices, baked in the oven and served with rice and corn cob</p> | <p><b>Lasagne</b></p> <p>Choose from fresh minced beef or Veggie mince cooked with onions, garlic, tomatoes and herbs, layered between lasagne pasta sheets and topped with a béchamel sauce.</p>  |  <p><b>Roast Dinner</b></p> <p>Choose from either home roasted topside of beef or a Quorn fillet served with Yorkshire pudding, roast potatoes, carrots, green beans and gravy</p> | <p><b>Fish &amp; Chips</b></p> <p>Choose from either Cod fillet fish fingers or a breaded cod fillet, both 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><b>Deli Bar - Available Everyday</b></p> <p>Design your own sandwich, first choose your bread - wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily - ham, cheese, tuna, Chinese chicken, turkey, roast beef, egg and finally finish with a choice of salad - carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers.</p> |  |   |   |  |
| <p><b>Dessert</b></p>   |  |   |   |  |
| <p>Fresh Fruit, Fruit Pots, Yoghurts and Cheese and Crackers are available daily along with the dessert of the day</p>  |  |   |   |  |
| Iced Fingers  | Melting Moment   | Chocolate Orange Sponge   | Gingerbread Biscuits  | A selection of Cupcakes  |
| <p><b>Drink</b></p>   |  |   |   |  |
| <p>A selection of fresh fruit juice and fresh milkshakes, milk and water will be available daily</p>  |  |   |   |  |