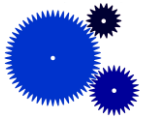





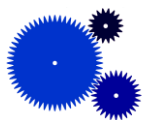


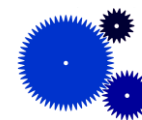
# Prescot Primary School - Week One








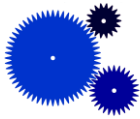
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Sausage &amp; Mash</b> Choose from fresh butcher's quality pork sausages or Quorn sausages served with homemade mashed potatoes, carrots and gravy</p> 	 <p><b>Sweet &amp; Sour Chicken</b> Pieces of fresh chicken cooked in a homemade sweet &amp; sour sauce with onions and peppers and served on a bed of rice with broccoli</p>	<p><b>Pulled Pork Wrap</b> Slow cooked shoulder of pork with onions, garlic and spices then shredded and mixed with BBQ sauce and served in a tortilla wrap with Apple coleslaw and savoury rice</p>  <p><b>Tomato Pasta served as the vegetarian alternative</b></p>	 <p><b>Roast Dinner</b> Choose from either home roasted turkey breast or a Quorn fillet served with Yorkshire pudding, roast potatoes, cabbage, carrots and gravy</p>	<p><b>Fish &amp; Chips</b> Choose from either cod fillet fish fingers or veggie nuggets baked in the oven and served with chips and peas or baked beans</p> 
<p><b>Jacket Potatoes are also available daily as a hot alternative</b></p>				
<p><b>Or</b></p>				
<p><b>Delì Bar - Available Everyday</b> 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> Fresh Fruit, Fruit Pots, Yoghurts and Cheese and Crackers are available daily along with the dessert of the day</p>				
Ice Cream or Ice Lolly	Yoghurt Bar - Natural yoghurt with a selection of toppings Toasted oats, honey, frozen berries or tinned fruit			A selection of cakes and cookies
<p><b>Drink</b> A selection of fresh fruit juice and fresh milkshakes, milk and water will be available daily</p>				



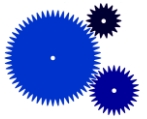
# Prescot Primary School - Week Two








MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Pasta Day</b> Choose from either pork meatballs swerved in a homemade tomato sauce with pasta spirals or homemade Mac &amp; Cheese, both served with a slice of garlic bread and broccoli</p> 	 <p><b>Shepherd's Pie</b> Choose from fresh minced lamb or Vegimince cooked with onions, carrots, tomato puree and mixed herbs, topped with mashed potatoes and served with a vegetable root mash green beans</p>	<p><b>Marinated Chicken</b> Choose from a marinated fresh chicken fillet or a Quorn fillet, marinated in either BBQ or Cajun spice and baked in the oven and served with rice and corn cob</p> 	 <p><b>Roast Dinner</b> Choose from either home roasted topside of beef or a Quorn fillet served with roast potatoes, carrots, cauliflower and gravy</p>	<p><b>Fish &amp; Chips</b> Choose from either cod fillet fish fingers or veggie nuggets baked in the oven and served with chips and peas or baked beans</p> 
<p><b>Jacket Potatoes are also available daily as a hot alternative</b></p>				
<p><b>Or</b></p>				
<p><b>Delì Bar - Available Everyday</b> 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>				
<p>Ice Cream or Ice Lolly</p>	<p>Yoghurt Bar - Natural yoghurt with a selection of toppings Toasted oats, honey, frozen berries or tinned fruit</p>			<p>A selection of cakes and cookies</p>
<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>Homemade Pizza</b> Choose from cheese &amp; tomato, pepperoni or ham &amp; pineapple served with potato wedges, and or coleslaw and baked beans or help</p> 	 <p><b>Curry Day</b> Choose from fresh pieces of chicken or Quorn cooked with onions, garlic, ground ginger, cumin, coriander, turmeric, coconut milk and stock both served on a bed of rice with green beans and Naan bread</p>	<p><b>Lasagne</b> 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> 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> Choose from either cod fillet fish fingers or veggie nuggets baked in the oven and served with chips and peas or baked beans</p> 
<p><b>Jacket Potatoes are also available daily as a hot alternative</b></p>				
<p><b>Or</b></p>				
<p style="text-align: center;"><b>Deli Bar - Available Everyday</b></p> <p style="text-align: center;">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 style="text-align: center;"><b>Dessert</b></p> <p style="text-align: center;">Fresh Fruit, Fruit Pots, Yoghurts and Cheese and Crackers are available daily along with the dessert of the day</p>				
Ice Cream or Ice Lolly	Yoghurt Bar - Natural yoghurt with a selection of toppings Toasted oats, honey, frozen berries or tinned fruit			A selection of cakes and cookies
<p><b>Drink</b></p>				
<p>A selection of fresh fruit juice and fresh milkshakes, milk and water will be available daily</p>				