High Ongar Primary School's Week One Menu

Our Daily salad bar offers a wide selection of cucumber, tomatoes, carrots, olives, breadsticks, plain pasta, sweetcorn and more!

Fresh Fruit Available Every Day.

	Main Meal (Red)	Vegetarian Choice (Green)	Also available (Blue)	Dessert
Monday	**Chef's Pasta Bolognese** with warm garlic bread	**Creamy Macaroni Cheese** with garlic bread	**Jacket Potato** with Cheese, Tuna Mayo or Baked Beans	Fresh Fruit Organic Fruit Yoghurt Fruit Smoothie
Tuesday	**Mild Chicken Korma** with fragrant basmati rice and green beans	**Sweet Potato & Chickpea Curry** with basmati rice and green beans	Toasted **Cheese Panini** with side salad	Fresh Fruit Organic Fruit Yoghurt
Wednesday	**Traditional Pork Sausages** with creamy mash, carrots, peas and gravy	**Quorn Sausages with mash,** sweetcorn, peas and gravy	**Jacket Potato** with Cheese, Tuna Mayo or Baked Beans	Reduced Sugar Chocolate Brownie
Thursday	**Cheese & Ham Pizza** with seasoned potatoes and sweetcorn	**Cheese Pizza** with seasoned potatoes and sweetcorn	Toasted **Cheese Panini** with side salad	Fresh Fruit Organic Fruit Yoghurt
Friday	**MSC Fish Fingers** with skin-on fries and peas	**Vegetable Fish Fingers** with skin-on fries and peas	**Jacket Potato** with Cheese, Tuna Mayo or Baked Beans	Homemade Lemon Drizzle Cake with vanilla custard

Healthy lunches to help our children learn, grow and thrive.

Please speak to the school office regarding allergies or special dietary requirements.

Week 1

Sept: 1st, 14th,28th
Oct: 12th
Nov: 2nd, 16th, 30th
Dec: 14th
Jan: 11th, 25th,
Feb: 8th
Mar: 1st, 15th,

Checked: Reputable suppliers and locally sourced where possible.

Healthy: Meeting school meal nutrition standards

We can cater for most medical dietary needs by prior arrangement.