

# West Derby School Menu Cycle Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Break</b>				
Toast or Waffles	Toast or Waffles	Toast or Waffles	Toast or Waffles	Toast or Waffles
<b>Lunchtime Menu</b>				
				
<b>Chicken Breast</b> Presented on a bun with spicy mayonnaise and salad. Served with Homemade Wedges	<b>Curry Day</b> Homemade Chicken Curry served with Onions, Peppers, Boiled Rice and a Naan Bread.	<b>Sausage and Mash</b> Pork or vegetarian sausage with buttery mashed potato and served with rich gravy	<b>Roast Dinner Day</b> Choose from home roasted Turkey breast, or Quorn fillet, served with Sage & Onion stuffing and rich gravy.	<b>Fish &amp; Chips</b> A selection of classic fish dishes to choose from: Golden Battered Cod Fillets. Battered Cod Fingers or Fish Cakes
<b>Pasta Pots served with a selection of sauces every day.</b>				
				
<b>Home Bakery, Fresh Fruit, Fresh Yogurt</b>				
<b>Available Everyday</b> Hot Wraps, Hot Roast Beef, Chicken Goujons, Assorted Pizzas				
				
<b>Deli Bar Available Everyday</b> <b>Design your own sandwich</b> , choose your sub, wrap or sliced bread, then choose your filling, the following fillings will be available everyday: Ham, Cheese, Tuna, Marinated Chicken, Turkey, Roast Beef and Egg. Then finish with a choice of salad: Carrot Batons, Cucumber, Cherry Tomatoes, Iceberg Lettuce, Sweetcorn, Coleslaw, Beetroot, Peppers.				
<b>Deli Bar Salads:</b> Pasta Salads, Rice Salads and Cous Cous available every day.				
<b>LOOK OUT FOR OUR THEMED DAYS, ROAST CARVERY AND MORE</b>				



# West Derby School Menu Cycle Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Break</b>				
Toast or Waffles	Toast or Waffles	Toast or Waffles	Toast or Waffles	Toast or Waffles
<b>Lunchtime Menu</b>				
				
<b>Pizza Day</b> Freshly baked dough, with a selection of delicious toppings. Served with spicy wedges and sweetcorn.	<b>Chicken Fried Rice &amp; Curry Sauce</b> Chicken breast, cooked with onions, peas and fried rice. Served with curry sauce.	<b>Spaghetti Bolognese</b> Freshly minced beef cooked with a tomato sauce.	<b>Roast Dinner Day</b> Choose from home roasted Beef topside, or Quorn fillet, served with Yorkshire pudding and rich gravy.	<b>Fish &amp; Chips</b> A selection of classic fish dishes to choose from: Golden Battered Cod Fillets. Battered Cod Fingers or Fish Cakes
<b>Pasta Pots served with a selection of sauces every day.</b> 				
<b>Home Bakery, Fresh Fruit, Fresh Yogurt</b>				
<b>Available Everyday</b> Hot Wraps, Hot Roast Beef, Chicken Goujons, Assorted Pizzas				
				
<b>Deli Bar Available Everyday</b> <b>Design your own sandwich</b> , choose your sub, wrap or sliced bread, then choose your filling, the following fillings will be available everyday: Ham, Cheese, Tuna, Marinated Chicken, Turkey, Roast Beef and Egg. Then finish with a choice of salad: Carrot Batons, Cucumber, Cherry Tomatoes, Iceberg Lettuce, Sweetcorn, Coleslaw, Beetroot, Peppers.				
<b>Deli Bar Salads:</b> Pasta Salads, Rice Salads and Cous Cous available every day.				
<b>LOOK OUT FOR OUR THEMED DAYS, ROAST CARVERY AND MORE</b>				



# West Derby School Menu Cycle Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Break</b>				
Toast or Waffles	Toast or Waffles	Toast or Waffles	Toast or Waffles	Toast or Waffles
<b>Lunchtime Menu</b>				
				
<b>Burger Day</b> Beef burgers served on a brioche bun with herby diced potatoes and fresh salad.	<b>Hot Wok Noodles</b> Pieces of chicken freshly cooked with onions, garlic, peppers, Soy sauce. Served with Egg noodles.	<b>Shepherd's Pie</b> Minced beef, carrots and onions served with a rich gravy and topped with creamy mashed potato.	<b>Roast Dinner Day</b> Choose from home roasted leg of lamb, or Quorn fillet, served with mint sauce and rich gravy.	<b>Fish &amp; Chips</b> A selection of classic fish dishes to choose from: Golden Battered Cod Fillets. Battered Cod Fingers or Fish Cakes
<b>Pasta Pots served with a selection of sauces every day.</b> 				
<b>Home Bakery, Fresh Fruit, Fresh Yogurt</b>				
<b>Available Everyday</b> Hot Wraps, Hot Roast Beef, Chicken Goujons, Assorted Pizzas				
				
<b>Deli Bar Available Everyday</b> <b>Design your own sandwich</b> , choose your Sub, wrap or sliced bread, then choose your filling, the following fillings will be available everyday: Ham, Cheese, Tuna, Marinated Chicken, Turkey, Roast Beef and Egg. Then finish with a choice of salad: Carrot Batons, Cucumber, Cherry Tomatoes, Iceberg Lettuce, Sweetcorn, Coleslaw, Beetroot, Peppers.				
<b>Deli Bar Salads:</b> Pasta Salads, Rice Salads and Cous Cous available every day.				
<b>LOOK OUT FOR OUR THEMED DAYS, ROAST CARVERY AND MORE</b>				