

## Long Preston Menu

### Autumn Term 2019 – Winter Menu

#### WEEK 1

##### Monday

Pizza, Chips, Baked Beans, Peas  
Chocolate Sponge & Chocolate Sauce

##### Tuesday

Meat & Potato Pie, Broccoli &  
Cauliflower  
Iced Buns

##### Wednesday

Chicken Korma, Rice & Green Salad  
Fruit Muffin

##### Thursday

Sausage, Mash & Gravy, Sweetcorn & Green  
Beans  
Jam Sponge & Custard

##### Friday

Fish Fingers, Chips, Beans & Peas  
Rice Pudding & Peaches

#### WEEK 2

##### Monday

Macaroni Cheese, Broccoli & Cauliflower  
Chocolate Pudding & Chocolate Sauce

##### Tuesday

Chicken Pie, Roast Potato, Green Beans  
& Sweetcorn  
Jam Sponge & Custard

##### Wednesday

Mince Beef Wraps & Veggie Sticks  
Banana Brownie

##### Thursday

Pasta Meatballs, Green Beans & Carrots  
Raspberry Bun

##### Friday

Salmon, Chips, Peas & Beans  
Flap Jack

#### WEEK 3

##### Monday

Veg Bolognese, Sweetcorn & Peas  
Rice Pudding & Jam

##### Tuesday

Chicken Korma, Rice, Carrots & Green  
Beans  
Cheese, Crackers & Grapes

##### Wednesday

Beef Burger, Chips, Sweetcorn & Baked Beans  
Fruit Sponge & Custard

##### Thursday

Beef Stew, Mash, Cabbage & Carrots  
Chocolate Catherine Wheel

##### Friday

Battered Fish, New Potatoes, Broccoli &  
Cauliflower  
Butterfly Buns

Fresh Made Bread served daily  
Vegetarian options available daily  
Yoghurts & Fresh Fruit is offered daily