



NANSTALLON SCHOOL

AD VITAM PARAMUS

SUMMER MENU



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WEEK 1

MONDAY
(meat free)

MAC 'N' CHEESE or **JACKET POTATO & BAKED BEANS** served with sweetcorn & baked beans.
St Clemens cake

TUESDAY

CHUNKY CHICKEN BITE or **CHEESE & BEAN WRAP** served with wedges, baked beans & veg sticks.
(Jacket Potato & baked beans also available)
Ice cream & fruit

WEDNESDAY

ROAST GAMMON or **QUORN SAUSAGE** served with roast potatoes, veg of the day and gravy.
Fruit crumble & custard

THURSDAY

PASTA BOLOGNESE or **QUORN NUGGETS & PASTA** served with broccoli & sweetcorn.
Chocolate crispie

FRIDAY

FISH & CHIPS or **SALMON FISHCAKE & RICE**, served with baked beans & peas.
(Jacket potato with baked beans also available)
Custard biscuit

WEEK 2

PIZZA & PASTA SALAD or **TOMATO PASTA BAKE** served with sweetcorn & peas.
Mousse Delight & fruit

SAUSAGES or **VEG QUICHE** served with wedges, broccoli & baked beans.
(Jacket Potato & baked beans also available)
Fruity flapjack & yoghurt

ROAST CHICKEN or **BROCCOLI CHEESE BAKE** served with roast potatoes, veg of the day and gravy.
Peach & pineapple cake & custard

SANDWICH DAY (choice of ham, cheese or tuna) served with chicken bites, sausage, veg sticks & tortilla crisp. (Vegetarian options also available)
(Jacket potato with ham, cheese or tuna also available)
Jelly & fruit

FISH FINGERS & CHIPS or **FRITTATA**, served with baked beans & peas.
(Jacket potato & baked beans also available)
Chocolate oat cookie

Fruit & yoghurt and homemade bread served daily.

If meals are not suitable for allergies/special diets, we can offer jacket potato as an alternative option