



## SCHOOL LUNCH MENU - WEEK ONE - Spring 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat	Chicken Sauages, Mash and Gravy	Lamb Moussaka	Roast Turkey with Roast Potatoes & Gravy	Wholemeal Penne Bolognaise	Fish Fingers & Chips
Vegetarian	Quorn Sausages, Mash and Gravy	Aubergine, Chickpea & Spinach Moussaka	Macaroni Cheese	Red Lentil Penne Napolitan	Vegetable Nuggets & Chips
Vegetables	Cauliflower and Broccoli	Sliced Green Beans	Mixed Vegetables	Broccoli	Peas
Salad Bar	Avocado, Tomato, Mixed Green Salad	Celery, Apple, Raisins, Grated Carrots	Coleslaw, Mixed Leaves and Peppers	Five Bean Salad & Mixed Leaves	Roasted Vegetables with Cous cous
Main Dessert	Strawberry Jelly	Pineapple Upside Down Cake & Custard	Chocolate Crispy Cake	Apple & Cinnamon Crumble, Custard	Vanilla Ice Cream
2nd Dessert	Oranges, Mixed Fruit Yoghurt	Apples	Cantaloupe	Bananas	Mixed Fruit Yoghurt
Extras	Fresh Organic Bread, Fresh Fruit and Water available daily.				

Week beg: 25/2, 18/3, 8/4, 6/5



## SCHOOL LUNCH MENU - WEEK TWO - Spring 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat	Chicken Tagine with Wholemeal Cous cous	Cheese & Tomato Pizza with Sweetcorn	Roast Chicken served with Roast Potatoes & Gravy	Beef Lasagne	Salmon Bites served with Potato Wedges
Vegetarian	Butternut Squash Chickpea Tagine with Wholemeal Cous cous	Cheese & Tomato Pizza with Sweetcorn	Roasted Vegetable Parcel, Roast Potatoes	Aubergine, Lentil & Spinach Lasagne	Spicy Bean Burger with Potato Wedges
Vegetables	Baby Carrots	Sweetcorn	Panache of Vegetables	Roasted Vegetables	Baked Beans
Salad Bar	Beetroot, Carrot & Mixed Leaves	Butternut Squash Chickpea, Mixed Peppers	Greek Salad, Olives & Feta Cheese	Diced Cucumbers, Tomatoes, Salad	Coleslaw, Mixed Peppers, Green Salad
Main Dessert	Mixed Fruit Yoghurt	Banana Flapjack	Strawberry Frozen Yoghurt	Chocolate & Orange Cake with Chocolate Sauce	Fresh Fruit Platter
2nd Dessert	Apples	Oranges	Bananas	Mixed Grapes	Mixed Fruit Yoghurt

Fresh Organic Bread, Fresh Fruit and Water available daily.

Week beg: 4/3, 25/3, 22/4, 13/5,



## SCHOOL LUNCH MENU - WEEK THREE - Spring 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat	Beef Burger in Bun with Chips	Jacket Potato, Cheese & Beans	Chicken Korma served with Brown Rice	Barbecue Chicken with Brown Rice	Breaded Cod with Sweet Potatoes
Vegetarian	Vegetarian Burger in Bun with Chips	Jacket Potato, Cheese & Beans	Sweet Potato, Chickpea & Spinach with Brown Rice	3 Bean, Tomato Barbecue Sauce, Brown Rice	Vegetable Bites with Sweet Potatoes
Vegetables	Sweetcorn	Sliced Green Beans	Sliced Carrots	Mixed Vegetables	Mushy Peas
Salad Bar	Beetroot, Sweetcorn, Carrot	Mixed Salad, Carrot, Mixed Peppers	Mixed Green Salad, Beetroot, Carrots	Roasted Veg, Penne Salad, Mixed Leaves	Aubergine, Spinach, Rice Salad, Carrots
Main Dessert	Rice Pudding with Strawberry Coulis	Honeydew Melon	Banana Cake with Custard	Sultana Cookie	Fresh Fruit Platter
2nd Dessert	Clementines	Mixed Fruit Yoghurt	Oranges	Water Melon, Mixed Fruit Yoghurt	Mixed Fruit Yoghurt

### Extras

Fresh Organic Bread, Fresh Fruit and Water available daily.

Week beg: 11/3, 1/4, 29/4, 20/5,