

School Lunch Menu Summer 2019

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Macaroni cheese	Roast Turkey with Stuffing, Yorkshire Pudding, Gravy	Butchers Sausages	Pizza – choice of Cheese and Tomato or Smoky BBQ, Vege	Harry Ramsdens Fish Fillet
Vegetarian		Herby Quorn Fillet with Stuffing, Yorkshire Pudding and Gravy	Linda McCartney Veggie Sausages	Pizza	Vegetable Nuggets
Vegetables and accompaniments	Peas Mixed Green Salad	Roast Potatoes and Seasonal Vegetables	Mash, Carrots and Green Beans & Gravy	Coleslaw, Large Salad Bar	Crispy Chips and Garden Peas or Baked Beans
Alternative	Freshly baked baguettes with a daily choice of fillings or a jacket potato with baked beans, cheese or tuna also available				
Dessert	Chocolate Angel Delight with Tinned Pears and Peaches	Pip Lolly	Sponge Cake with Custard	Fruity Flapjack served with Greek Yogurt	Chocolate Brownie

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Tuna Pasta Bake served with Bread Stick	Roast Gammon with Stuffing, Yorkshire Pudding and Gravy	Sweet and Sour Chicken	Homemade Sausage Roll	Fishwich- a Fillet of Fish served in a Bun
Vegetarian	Pasta Napolitano served with Bread Stick	Autumn Vegetable Loaf	Noodles	Veg/Cheese Pastry Roll	Spicy Bean Fillet Burger
Vegetables and accompaniments	Large Salad Bar & Sweetcorn	Roast Potatoes, Seasonal Vegetables	Salad Bar	Herby Cubes, Sweetcorn Salad Bar	Crispy Chips and Garden Peas or Baked Beans
Alternative	Freshly baked baguettes with a daily choice of fillings or a jacket potato with baked beans, cheese or tuna also available				
Dessert	Artic Roll with Summer Fruit Coulis	Strawberry Jelly with Mixed Berries on the side	Chocolate sponge with chocolate custard	Frozen Yoghurt	Shortbread

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Mild Chilli Quorn Burritos	Roast Chicken with Stuffing, Yorkshire pudding & gravy	Butchers beef burger in a Bun with baked onions	Spaghetti Bolognese with Garlic Bread	Jumbo fish finger
Vegetarian		Herby Quorn fillet with stuffing, Yorkshire pudding and gravy	Veggie burger in a bun with baked onions	Quorn meatballs in tomato sauce with garlic bread	Vegetable/Quorn Nuggets
Vegetables and accompaniments	Served with Rice and Corn Coblett	Roast potatoes with seasonal vegetables	Wedges and Large Salad Bar	Salad Bar	Crispy Chips and Peas and Beans
Alternative	Freshly baked baguettes with a daily choice of fillings or a jacket potato with baked beans, cheese or tuna also available				
Dessert	Pip Lolly	Mixed Berries with Greek Yogurt	Ice cream with mandarins	Sponge cake and custard	Pineapple and Mellon Served with Pouring Cream

Every day we serve a choice of freshly baked baguettes with a wide selection of fillings or jacket potatoes with baked beans and grated cheese.

Yoghurts and a fresh fruit basket are available as an alternative to dessert.

Fresh juice, milk and water are available every day.

Our meat is delivered from Burton's butchers in Saffron Walden. Our fruit, vegetables and salads are from Reading's in Braintree