**School Lunch Menu Summer 2019**

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| **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 Pizza | Harry Ramsdens Fish Fillet |
| **Vegetarian** | Herby Quorn Fillet with Stuffing, Yorkshire Pudding and Gravy | Linda McCartney Veggie Sausages | Vegetable Nuggets |
| **Vegetables and****accompaniments** | PeasMixed 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 Delightwith Tinned Pears and Peaches | Pip Lolly | Sponge Cake with Custard | Fruity Flapjackserved with Greek Yogurt  | Chocolate Brownie |

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| **Week Two** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Main** | Neapolitan Pasta Bake with two cheese toppingserved with Bread Stick | Roast Gammon with Stuffing, Yorkshire Pudding and Gravy | Chicken WrapsServed with Sour Cream or Salsa | Homemade Sausage Roll | Fishwich- a Fillet of Fish served in a Bun |
| **Vegetarian** | As Above | Autumn Vegetable Loaf | Sunshine Rice(Peppers, peas and sweetcorn) | Veg/Cheese Pastry Roll | Spicy Bean Fillet Burger |
| **Vegetables and****accompaniments** | Large Salad Bar &Sweetcorn | Roast Potatoes, Seasonal Vegetables | Salad Bar | Herby Cubes, SweetcornSalad 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 |

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| **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** | Mandarins and Ice-cream |  Pip Lolly | Cheesecake | Sponge cake and custard | Pineapple and MellonServed 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**