



# Our School LUNCH MENU

Spring 2017 WEEK ONE

| DISH                         | Monday                                  | Tuesday                               | Wednesday                        | Thursday                             | Friday                                    |
|------------------------------|---|---------------------------------------|----------------------------------|--------------------------------------|---|
| <b>Main One</b>              | Chicken, Bacon and Cheese Pasta Bake    | Chilli Con Carne                      | Beef Stew and Yorkshire Pudding  | Lincolnshire Sausages in Onion Gravy | Fish Fingers                              |
| <b>Main Two (Vegetarian)</b> | Roasted Vegetable and Lentil Pasta Bake | 5 Bean Chilli (Vegetarian)            | Quorn Stew and Yorkshire Pudding | Quorn Sausages in Onion Gravy        | Cheese Omelette                           |
| <b>Main Three</b>            | Jacket Potato with Tuna Mayonnaise      | Jacket Potato with Chicken Mayonnaise | Jacket Potato with Cheese        | Jacket Potato with Baked Beans       | Jacket Potato with Cheese and Baked Beans |
| <b>Accompaniment One</b>     | Homemade Garlic Bread                   | Rice                                  | Roast Potatoes                   | New Potatoes                         | Homemade Potato Wedges                    |
| <b>Accompaniment Two</b>     | Peas<br>Sweetcorn                       | Salad<br>Carrots                      | Sweetcorn<br>Cabbage             | Carrots<br>Peas                      | Peas<br>Baked Beans                       |
| <b>Dessert One</b>           | Chocolate Custard                       | Yoghurt                               | Ice Cream                        | Apple Crumble and Custard            | Chocolate Orange Cake                     |
| <b>Dessert Two</b>           | Fruit Platter or Yoghurt                | Fruit Platter                         | Fruit Platter or Yoghurt         | Fruit Platter or Yoghurt             | Fruit Platter or Yoghurt                  |

Spring 2017 WEEK TWO

| DISH                         | Monday                             | Tuesday                        | Wednesday                          | Thursday                              | Friday                                      |
|------------------------------|------------------------------------|--------------------------------|------------------------------------|---------------------------------------|---|
| <b>Main One</b>              | Beef Lasagne                       | Cheese and Ham Pizza           | Roast Gammon and Yorkshire Pudding | Hot Dog (Lincs Sausage)               | Fish Fillet (in a breadcrumb coating)       |
| <b>Main Two (Vegetarian)</b> | Macaroni Cheese                    | Lentil and Vegetable Risotto   | Quorn Roast and Yorkshire Pudding  | Quorn Hot Dog                         | Spring Onion Tart (short crust pastry base) |
| <b>Main Three</b>            | Jacket Potato with Tuna Mayonnaise | Jacket Potato with Baked Beans | Jacket Potato with Cheese          | Jacket Potato with Chicken Mayonnaise | Jacket Potato with Cheese and Baked Beans   |
| <b>Accompaniment One</b>     | Peas                               | Sweetcorn                      | Mashed Potatoes                    | Homemade Potato Wedges                | New Potatoes                                |
| <b>Accompaniment Two</b>     | Cabbage                            | Peas                           | Carrots<br>Leeks                   | Peas<br>Baked Beans                   | Carrots<br>Peas                             |
| <b>Dessert One</b>           | Mixed Berry Sponge Cake            | Fruit Platter                  | Apple and Rhubarb Granola          | Jelly and Custard                     | Ginger Sponge Cake                          |
| <b>Dessert Two</b>           | Fruit Platter or Yoghurt           | Yoghurt                        | Fruit Platter or Yoghurt           | Fruit Platter or Yoghurt              | Fruit Platter or Yoghurt                    |

Spring 2017 WEEK THREE

| DISH                         | Monday  | Tuesday  | Wednesday                     | Thursday                           | Friday                                    |
|------------------------------|---|--|-------------------------------|------------------------------------|---|
| <b>Main One</b>              | Pork and Beef Meatballs, with Spaghetti in a Tomato Sauce | Chicken, Leek & Potato Pie in a White Sauce topped with Cheese | Roast Pork and Stuffing Ball  | BBQ Chicken Wraps                  | Salmon Risotto                            |
| <b>Main Two (Vegetarian)</b> | Quorn Mince Bolognese and Spaghetti                       | Cheese and Vegetable Crumble                                   | Quorn Roast and Stuffing Ball | Cheese and Onion Quiche            | Lentil, Tomato and Pepper Pasta Bake      |
| <b>Main Three</b>            | Jacket Potato with Tuna Mayonnaise                        | Jacket Potato and Baked Beans                                  | Jacket Potato with Cheese     | Jacket Potato with Tuna Mayonnaise | Jacket Potato with Cheese and Baked Beans |
| <b>Accompaniment One</b>     | Homemade Garlic Bread                                     | Carrots  | New Potatoes                  | Homemade Potato Wedges             | Broccoli                                  |
| <b>Accompaniment Two</b>     | Peas<br>Sweetcorn   | Cabbage  | Carrots<br>Cauliflower        | Peas<br>Salad                      | Sweetcorn                                 |
| <b>Dessert One</b>           | Sultana Sponge Cake                                       | Fruit Platter  | Fruity Flapjack               | Victoria Sponge Cake               | Chocolate Fudge Cake                      |
| <b>Dessert Two</b>           | Fruit Platter or Yoghurt                                  | Yoghurt  | Fruit Platter or Yoghurt      | Fruit Platter or Yoghurt           | Fruit Platter or Yoghurt                  |