

WEEK ONE

16th April &
7th May

LUNCH TIME



Monday

MEAT FREE

Rainbow Pasta with School's Favourite Sauces
Tomato Sauce, 3 Cheese Ratatouille,
or
Quorn Bolognese (v)



Homemade Crusty Herb Bread
Sweetcorn



Salad Bar - choice of at least 6 Salads



Wholemeal Sub Roll filled with Cheese or Egg Mayonnaise served with Mixed Salad and Vegetable Sticks



Chunky Flapjacks
Glass of Milk

Tuesday

All Day Breakfast
Sausage, Bacon and Egg
or
Vegetarian Sausage and Egg



Baked Beans, Tomatoes
Mushrooms



Salad Bar - Choice of at least 6 Salads



Pasta Bowl Topped with Chicken or Tuna Mayonnaise



Angel Delight Topped with Fresh Fruit

Wednesday

SUMMER ROAST

Roast Gammon
With optional Pineapple Ring
or
Sweet Potato Rosti (v)



Roast Potatoes
Peas and Carrots
Cauliflower Cheese



Roast in a roll



Fruit Smoothie

Thursday

Pizza Thursday
Choice of Cheese and Tomato
Pepperoni
or
Ham and Pineapple



Salad Bar- Choice of at least 6 Salads



Wholemeal Sub Roll filled with Crispy Bacon or Tuna Crunch served with Mixed Salad and Vegetable Sticks



Fresh Fruit Salad and Cream

Friday

Chicken Breast Chunks

Or

Vegetable or Quorn Dippers (v)



Chips
Baked beans



Salad Bar choice of at least 6 Salads



Victoria Sponge Sandwich



Also available daily - Fresh Wholemeal Bread; Fresh Fruit; Fresh Fruit salad/pots
Yeo Valley yoghurt; Muller Fruit Corner (optional); Fresh Milk and Water



WEEK TWO

23rd April &
14th May

LUNCH TIME


Essex County Council

Monday

MEAT FREE

Jacket Potato Day

Choose from your favourite fillings: Tuna Mayo, Cheese, Baked Beans Or a Filled Roll



Mixed Seasonal Salad (Lettuce, Cucumber, Tomatoes & Peppers.)
Salad Bar - choice of at least 6 Salads



Macaroni Cheese



Chocolate Brownie served with an Orange Wedge

Tuesday

Crispy Polenta Chicken or
Vegetable Burger (v)



Rainbow Pasta with
Homemade Tomato Sauce
Sweetcorn
Broccoli Florets



Salad Bar- choice of
at least 6 Salads



Ham Tortilla Wrap served with Pasta Salad and
Vegetable Sticks



Arctic Roll

Wednesday

ROAST

Roast Pork
Sage & Onion Stuffing,
Gravy
or
Quorn Fillet (v)



Roast Potatoes
Cauliflower, Carrots
Green Beans



Roast in a roll



Fruit Jelly

Thursday

Spaghetti Bolognese
or
Quorn Bolognese (v)



Garlic Bread
Mixed Salad



Salad Bar- choice of
at least 6 Salads



Cheddar Cheese and
Carrot or
Chicken Sweet Chilli
Tortilla Wrap served with
Pasta Salad and
Vegetable Sticks



Smiley Ginger Biscuit

Friday

FISH FRIDAY!

Birds Eye
Chunky Fish Finger
or
Tomato and Red Onion
Tart (v)



Chips
Baked Beans



Salad Bar- Choice of
at least 6 Salads



Chocolate Cookies



Also available daily - Fresh Wholemeal Bread; Fresh Fruit
Yeo Valley yoghurt or Muller Fruit Corner; Fresh Milk and Water



WEEK THREE

30th April &
21st May

LUNCH TIME


Essex County Council

Monday

MEAT FREE

French Bread Pizza



Pasta Salad
Carrot and Sultana Salad



Salad Bar- choice of
at least 6 Salads -
including Homemade
Coleslaw



Tuna Mayonnaise or Egg
Tortilla Wrap served with
Pasta Salad and
Vegetable Sticks



Milkshake Cupcake

Tuesday

Butcher's Sausage
Served in a rich Onion Gravy
or
Vegetable Sausage Twist (v)



Creamed Potatoes
Green Beans
Freshly Sliced Carrots



Salad Bar - Choice of
at least 6 Salads - including
Couscous or
Rice Salad



Pasta Bowl Topped with
Chicken or Tuna Mayonnaise



Fruity Crumble Slice served
with Custard or Ice Cream

Wednesday

ROAST

Roast Turkey Breast
Served with
Sage & Onion Stuffing,
Gravy
or
Roasted Vegetable
Strudel (v)



Roast Potatoes
Sweetheart Cabbage
Carrots



Roast in a roll



100% Fruit Lolly

Thursday

Buffet Day

Wholemeal Roll
with Sliced Ham, Turkey
or Cheese
Assorted Pickles &
Mini Sausage Rolls
or
Vegetarian Sausage
Roll (v)



Potato Salad/ Pasta Salad
Coleslaw, Mixed Salad
Salad Bar - choice of
at least 6 Salads



Pasta Bowl topped with
Grated Cheese and
Red Onion or
Turkey and Sweetcorn



Blueberry and
Lemon Tray Bake

Friday

FISH FRIDAY!

Gluten Free Bubble fish
or
Vegetable Nuggets (v)



Chips
Garden Peas
Baked Beans



Salad Bar choice of
at least 6 Salads



Chunky Flapjack



Also available daily - Fresh Wholemeal Bread; Fresh Fruit
Yeo Valley yoghurt or Muller Fruit Corner ; Fresh Milk and Water

