

WEEK ONE

LUNCH TIME

Essex County Council

Monday

MEAT FREE
Macaroni Cheese
Garlic Bread



Assorted 6 Choice
Salad Bar



Oaty Flapjack
or Fresh Fruit

Tuesday

Butchers Beef burger in
a Bread Bun
Cheese Slice



Potato Wedges
Sweetcorn



Assorted 6 Choice
Salad Bar



Strawberry Jelly and Ice
Cream or Fresh Fruit

Wednesday

ROAST
Roast Gammon
Yorkshire Pudding, Stuffing
and Gravy



Roast Potatoes
Green Beans
Sliced Carrots



Assorted 4 Choice
Salad Bar



100% Organic Fruit Lolly

Thursday

Chicken Tikka
Basmati Rice
Naan Bread



Fresh Broccoli Florets



Assorted 6 Choice
Salad Bar



Yoghurt with Fresh Fruit

Friday

FISH FRIDAY!
Omega 3
Fish Fingers



Chips
Garden Peas
Baked Beans
Tomato Ketchup

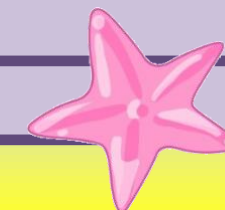


Assorted 6 Choice
Salad Bar



Chocolate Sponge Finger or
Fresh Fruit

Also available daily - Fresh Bread of the day; Fresh Fruit
Various Yoghurts; Water
Vegetarian Menu Available Upon Request



WEEK TWO

LUNCH TIME



Monday

MEAT FREE

Cheese and Tomato
French Bread Pizza
Pasta Bows



Assorted 6 Choice
Salad Bar



Chocolate Cookie
or Fresh Fruit

Tuesday

ALL DAY BREAKFAST

Sausage, Bacon,
Scrambled egg
Baked Beans
Tomatoes



Mini Potato Waffles



Assorted 6 Choice
Salad Bar



Yoghurt and Shortbread Bite
Or Fresh Fruit

Wednesday

ROAST

Roast Turkey Breast served
with
Yorkshire Pudding, Gravy



Roasted New Potatoes
Green Beans
Carrots



Assorted 4 Choice
Salad Bar



Arctic Roll or Fresh Fruit

Thursday

Crispy Battered Chicken with
Tortilla Wrap



Crispy Cubed Potatoes
Sweetcorn



Assorted 6 Choice
Salad Bar



Jam Sponge and Squirry
Cream
or Fresh Fruit

Friday

FISH FRIDAY!

Harry Ramsden's Fish Fillet



Chips
Garden Peas
Baked Beans
Tomato Ketchup

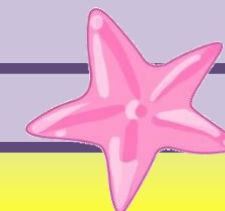


Assorted 6 Choice
Salad Bar



Assorted Fresh Fruit

Vegetarian Menu Available Upon Request



WEEK THREE

LUNCH TIME

Essex County Council

Monday

MEAT FREE

Vegetarian Sausage Rolls
Herby Diced Potatoes



Assorted 6 Choice
Salad Bar



Oat and Raisin Bite
or Fresh Fruit

Tuesday

Spaghetti Bolognese



Garlic Bread
Sweetcorn



Assorted 6 Choice
Salad Bar



Lemon Sponge and
Squirty Cream
or Fresh Fruit

Wednesday

ROAST

Roast Chicken
Yorkshire Pudding
Gravy and Stuffing



Creamy Mashed Potatoes or
Roast Potatoes
Carrots
Green Beans



Assorted 4 Choice
Salad Bar



Flavoured Ice Cream
or Fresh Fruit

Thursday

Butcher's Sausages
Onion Gravy



Jacket Potato Wedges
Carrots
Sweetcorn



Assorted 6 Choice
Salad Bar



Chocolate Sponge Finger
or Fresh Fruit

Friday

FISH FRIDAY!

Omega 3
Fish Fingers



Chips
Baked Beans
Peas
Tomato Ketchup



Assorted 6 Choice
Salad Bar



Fruit Salad and Ice Cream



Vegetarian Menu Available Upon Request

