

# WEEK ONE

## LUNCH TIME



### 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 (Gluten free)



Chips  
Garden Peas  
Baked Beans  
Tomato Ketchup

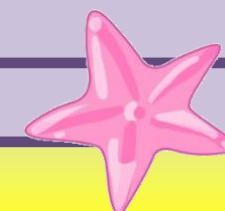


Assorted 6 Choice  
Salad Bar



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

Essex County Council

### Monday

#### MEAT FREE

Cheese and Tomato  
French Bread Pizza



Assorted 6 Choice  
Salad Bar



Chocolate Berry 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

Chicken Fajitas with  
Tortilla Wrap



Crispy Cubed Potatoes  
Sweetcorn



Assorted 6 Choice  
Salad Bar



Jam Sponge and Custard  
or Fresh Fruit

### Friday

#### FISH FRIDAY!

Harry Ramsden's Fish Fillet



Chips  
Garden Peas  
Baked Beans  
Tomato Ketchup

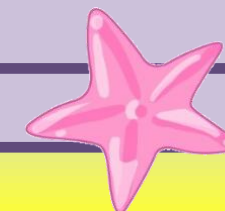


Assorted 6 Choice  
Salad Bar



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 Bolognaise



Garlic Bread  
Sweetcorn



Assorted 6 Choice  
Salad Bar



Lemon Sponge and  
Squirry Cream  
or Fresh Fruit

### Wednesday

#### ROAST

Roast Chicken  
Yorkshire Pudding



Creamy Mashed Potatoes  
Carrots  
Green Beans



Assorted 4 Choice  
Salad Bar



Flavoured Ice Cream  
or Fresh Fruit

### Thursday

Butcher's Sausages  
Onion Gravy



Jacket Potato  
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

