

WEEK ONE

LUNCH TIME



Monday

MEAT FREE
French Bread Pizza



Pasta Salad
Carrot and Sultana Salad



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



Chocolate Brownie
served with an Orange wedge

Tuesday

Homemade Sausage Rolls
or
Cheese and Onion Rolls (v)



Buttered New Potatoes
Baked Beans or Peas



Salad Bar- choice of at least 6
Salads



Fresh Fruit Salad

Wednesday

ROAST
Roast Chicken
Yorkshire Pudding, Gravy
or
Roasted Vegetable Yorkshire
Pudding (v)



Roast Potatoes
Green Beans
Carrots



100% Fruit Lolly

Thursday

Butcher's Sausages served
with gravy
or
Vegetarian sausages (v)



Potato Cubes
Sweetcorn
Fresh Broccoli Florets



Salad Bar- choice of at least 6
Salads



Italian Lemon Cake

Friday

FISH FRIDAY!
Chip Shop Mini Battered Fish Fillets
Served with a Lemon Wedge
or
Omelette (v)



Chips
Garden Peas
Baked Beans



Salad Bar choice of at least 6
Salads



Strawberry Shortcake

Also available daily - Fresh Bread of the day; Fresh Fruit
Various Yoghurts; Water



WEEK TWO

LUNCH TIME



Monday

MEAT FREE

Tomato and Vegetable
Pasta Bake
or
Macaroni Cheese



Garlic Bread



Salad Bar-choice of at least 6
Salads



Victoria Sponge Sandwich

Tuesday

Local butcher's Beef Burger
in a Bun with cheese
served with Tomato Ketchup
or
Vegetable Burger (v)



Home-baked potato wedges
Sweetcorn



Salad Bar- choice of at least 6
Salads



Arctic Roll

Wednesday

ROAST

Roast Turkey Breast served with
Sage & Onion Stuffing, Gravy
or
Quorn fillet



Roast Potatoes
Broccoli
Carrots



Frozen Fruit Smoothie

Thursday

Ckicken Korma Curry
or
Quorn Dippers



Wholegrain and White Rice
Naan Bread



Salad Bar- choice of at least 6
Salads



Strawberry Cheesecake

Friday

FISH FRIDAY!

Gluten Free Bubble fish
or
Tomato and red onion tart (v)



Chips
Garden Peas
Baked Beans



Salad Bar choice of at least 6
Salads



Chunky Flapjack

Also available daily - Fresh Bread of the day; Fresh Fruit
Various Yoghurts; Water



WEEK THREE

LUNCH TIME

Essex County Council

Monday

MEAT FREE

Pizza Day
Cheese and Tomato
Optional peperoni



Rainbow Pasta Salad
Garden Salad



Salad Bar-choice of at least 6
Salads



Strawberry Jelly and Cream

Tuesday

Chicken
or
Quorn Sausage (v)



Sliced potatoes
Sweetcorn



Salad Bar- choice of at least 6
Salads



Chocolate Crispy Cake

Wednesday

ROAST

Roast Chicken
Sage & Onion Stuffing, Gravy
or
Vegetable Strudel (v)



Roast Potatoes
Carrots
Green Beans



Salad Bar- choice of at least 6
Salads



Fruit sponge

Thursday

Meatballs
or
Vegetarian Quorn balls
served in a Tortilla Wrap with
Tomato Salsa (v).



Savoury Rice
Peas



Salad Bar- choice of at least 6
Salads



Apple Shortcake

Friday

FISH FRIDAY!

Omega 3
Fish Fingers (Gluten free)
or
Vegetable Nuggets (v)



Chips
Baked Beans



Salad Bar choice of at least 6
Salads



Oaty Biscuit served with fruit and a
carton of juice



Also available daily - Fresh Bread of the day; Fresh Fruit
Various Yoghurts; Water

