

LUNCH TIME

Essex County Council

WEEK ONE

Monday

Thin and Crispy
Cheese Pizza
Various Toppings
Available



Jacket Potato Wedges
Sweetcorn



Fresh 6 Choice
Salad Bar



Chocolate Orange
Brownie

Tuesday ALL DAY BREAKFAST

Sausage, Bacon,
Scrambled Egg
Baked Beans
Hash browns



Fresh 6 Choice
Salad Bar



Fresh Fruit Platter or
Yoghurt Pot

Wednesday

Minced Beef Bolognaise
Pasta Twirls
Optional Cheese



Garlic Bread
Broccoli Florets



Fresh 6 Choice
Salad Bar



Strawberry Shortbread

Thursday

ROAST

Roast Chicken Breast
served with Yorkshire
Pudding, Stuffing and
Gravy



Roasted Potatoes or
Mashed Potatoes
Green Beans
Carrots



Fresh 4 Choice
Salad Bar



Peaches and
Ice Cream

Friday

FISH FRIDAY!

Omega 3
Fish Fingers



Chips
Garden Peas
Baked Beans
Tomato Ketchup
Crusty Bread

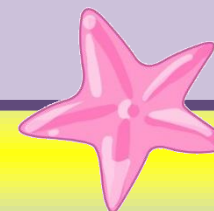


Fresh 6 Choice
Salad Bar



Ice Lolly or
Ice Cream

Also available daily - Fresh Fruit,
Various Yoghurts, Water.
Vegetarian Menu Available Upon Request



LUNCH TIME

Essex County Council

WEEK TWO

Monday

**Butchers Beef Burger
In a Bread Bun
Optional Cheese Slice**



**Potato Wedges
Sweetcorn**



**Fresh 6 Choice
Salad Bar**



**Lemon Sponge and
Squirry Cream**

Tuesday

**Southern Style
Popcorn Chicken**



**Savoury Rice or
Diced Potatoes
Broccoli
Pitta Bread**



**Fresh 6 Choice
Salad Bar**



**Apple and Berry
Shortbread**

Wednesday

**Minced Beef Fajitas
with
Tortilla Wrap
Optional Cheese**



**Smiley Face Potatoes
Diced Mixed Vegetables**



**Fresh 6 Choice
Salad Bar**



**Strawberry Jelly and
Ice Cream**

Thursday

ROAST

**Roast Chicken served
with Yorkshire
Pudding, Stuffing and
Gravy**



**Roasted Potatoes or
Mashed Potatoes
Green Beans
Carrots**



**Fresh 4 Choice
Salad Bar**



**Fresh Fruit Platter
Or Yoghurt**

Friday

FISH FRIDAY!

Harry Ramsden's Fish



**Chips
Garden Peas
Baked Beans
Tomato Ketchup
Crusty Bread**



**Fresh 6 Choice
Salad Bar**



**Arctic Roll or
Fruit Sorbet Pot**

**Also available daily - Fresh Fruit,
Various Yoghurts, Water.
Vegetarian Menu Available Upon Request**

