

School Lunch Menu Summer 2018

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Macaroni Cheese	Sizzling sausages in a tomato sauce	Roast chicken with stuffing	Your favourite Spaghetti Bolognese	Bubble crumb fish fillet
Vegetarian		Vegetarian sausages in a tomato sauce	Roasted Quorn fillet	Vegetarian Mince Bolognese	Vegetable nuggets
Vegetables and accompaniments	Broccoli and sweetcorn	Rice, peas and sweetcorn	Yorkshire pudding, roast potatoes, seasonal vegetables and gravy	Garlic Bread	Chips, baked beans and peas
Alternative	Freshly baked baguettes with a daily choice of fillings or a jacket potato with baked beans, cheese or tuna also available				
Dessert	Flapjack	A choice of 3 types of melon	Fruit jelly and ice cream	Chocolate Angel Delight served with sliced pears	Iced vanilla sponge cake

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Succulent chicken chunks	Mild Chilli con carne	Roast turkey	Puff pastry sausage roll	Birds Eye jumbo fish finger
Vegetarian	Quorn chicken chunks	Vegetarian mince Chilli con carne	Roasted Quorn fillet	Puff pastry vegetarian sausage roll	Vegetable nuggets
Vegetables and accompaniments	Diced potatoes, baked beans and sweetcorn	Brown and white rice and peas	Yorkshire pudding, roast potatoes, seasonal vegetables and gravy	Hash brown, baked beans and sweetcorn	Chips, baked beans and peas
Alternative	Freshly baked baguettes with a daily choice of fillings or a jacket potato with baked beans, cheese or tuna also available				
Dessert	Apple strudel with custard	Peaches and ice cream	Ice lolly	Carrot cake	Chocolate crunch with orange wedges

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Main	A hearty slice of pizza	Chicken curry	Roast gammon	Spiral pasta with a tomato sauce and grated cheese	Fishwich – a fillet of fish served in a bun
Vegetarian		Vegetable curry	Roasted Quorn fillet		Spicy bean fillet served in a bun
Vegetables and accompaniments	Large salad bar	Brown and white rice and peas	Yorkshire pudding, roast potatoes, seasonal vegetables and gravy	Garlic bread	Chips and a large salad bar
Alternative	Freshly baked baguettes with a daily choice of fillings or a jacket potato with baked beans, cheese or tuna also available				
Dessert	Fruit salad and cream	Chocolate sponge with chocolate custard	Ice cream tubs	Cherry shortbread and ice cream	Warm pancakes served with sliced banana and maple syrup

Every day we serve a choice of freshly baked baguettes with a wide selection of fillings or jacket potatoes with baked beans and grated cheese.

Yoghurts and a fresh fruit basket are available as an alternative to dessert.

Fresh juice, milk and water are available every day.

Our meat is delivered from Burton's butchers in Saffron Walden. Our fruit, vegetables and salads are from Reading's in Braintree