



|                    | Monday   | Tuesday   | Wednesday   | Thursday   | Friday   |
|--------------------|--|---|---|--|--|
|                    | <b>Lunch Week 2</b>  |   |   |  |  |
|                    | Week commencing 15 Jan/ 5 Feb/ 4 Mar   |   |   |  |  |
| Drinks & snacks    | Water, flavoured water, smoothies, fruit juices<br>Cereal bars, rice cakes, pop chips, popcorn, crisps             |   |   |  |  |
|                    | <b>Main meals</b>  |   |   |  |  |
| Meaty main         | Chicken korma<br>Chicken tikka masala  | Roast pork loin<br>with stuffing                | Chilli con carne<br>Jacket potatoes with fillings | Lasagne  | Chicken goujons<br>Battered cod fillet<br>Fish fingers |
| Vegetarian         | Falafel with flatbread   | Crispy Quorn bao buns                           | Mac & cheese                                      | Veggie lasagne                                       | Crumbed vegetable burger                               |
| Sides              | Rice<br>Naan bread<br>Mango chutney  | Roast potatoes<br>Carrots<br>Cauliflower cheese | Rice<br>Peas<br>Sweetcorn                         | Sauté potatoes<br>Garlic bread<br>Roasted vegetables | Chips<br>Baked beans, mushy peas<br>Curry sauce        |
|                    | <b>Pasta/ deli</b>   |   |   |  |  |
| Pasta/ deli        | Tomato pasta   | Pasta bake                                      | Tomato pasta                                      | Rice stir-fry  | Tomato pasta   |
| Jacket potatoes    | Whole and half jacket potatoes with baked beans, tuna mayonnaise and cheese  |   |   |  |  |
| Sandwiches/ salads | Sandwiches on bloomer bread, baguettes and wraps with a range of popular fillings<br>Salad pots and vegetable pots |   |   |  |  |
|                    | <b>Desserts/ sweet treats/ fruit</b>   |   |   |  |  |
| Dessert            | Blondies   | Syrup sponge with custard                       | Waffles   | Fudge tart   | Sticky toffee pudding<br>with custard                  |
| Sweet treats       | Dessert pots, yogurts, jelly, fruit pots, fresh fruit  |   |   |  |  |