

Lunch Prep - Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TABLE TOP SNACKS	<i>Carrots, cucumber and pepper sticks with avocado dip</i>	<i>Breadsticks with houmous</i>	<i>Olives, celery and courgette sticks</i>	<i>Cherry tomatoes, carrot, cucumber sticks with creamy cheese</i>	<i>Cheese straws and tomato salsa</i>
MAIN COURSE	<i>De-constructed chicken and ham pie</i>	<i>Mini Hawaiian beef burger with pineapple and cheese on toasted bun</i>	<i>Roast lemon and thyme chicken</i>	<i>Turkey meatballs in fresh tomato sauce</i>	<i>Forgotten fish Friday - sustainable cod fish finger with tartar sauce, lemon mayonnaise</i>
VEGETARIAN MAIN	<i>Penne pasta with rich tomato and basil sauce</i>	<i>Swiss style macaroni cheese with spinach</i>	<i>Pepper, mushroom and cheese French bread pizzas</i>	<i>Vegetable moussaka</i>	<i>Shepherdess pie with root vegetable and potato topping</i>
SIDES 1	<i>Mashed potato</i>	<i>Mini roasted new potatoes</i>	<i>Roast potatoes</i>	<i>Pasta</i>	<i>Chips or new potatoes</i>
SIDES 2	<i>Curly kale and steamed carrots</i>	<i>Sauté courgettes and green beans</i>	<i>Roasted parsnips and carrots, broccoli</i>	<i>Sautéed leek stir fry</i>	<i>Mushy peas, garden peas and green beans</i>
JACKET BAR	<i>Three bean chilli</i>	<i>Creamy chicken and sweetcorn</i>	<i>Smoked salmon and cream cheese</i>	<i>Mushroom and cheese</i>	<i>Three cheese and broccoli</i>
DESSERT	<i>Rocky road fridge cake</i>	<i>Baked rice pudding with cherry jam</i>	<i>Lemon curd mousse</i>	<i>Pineapple and cherry upside down cake with custard</i>	<i>toffee pudding with hot toffee sauce</i>
FRESH WHOLE FRUIT & YOGHURT	<i>Fresh whole fruit and yoghurt always available</i>				

Lunch Prep - Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TABLE TOP SNACKS	<i>Carrots, cucumber and pepper sticks with avocado dip</i>	<i>Breadsticks with houmous</i>	<i>Olives, celery and courgette sticks</i>	<i>Cherry tomatoes, carrot, cucumber sticks with tomato salsa</i>	<i>Breadsticks and cream cheese</i>
MAIN COURSE	<i>Classic beef lasagne with garlic bread</i>	<i>Mini chicken or vegetable fajitas with sour cream, guacamole and tomato salad</i>	<i>Roast pork with crackling and apple sauce</i>	<i>Cottage pie topped with sweet potato</i>	<i>Salmon fish cakes with lemon herb sauce</i>
VEGETARIAN MAIN	<i>Three cheese and vegetable frittata</i>		<i>Mild and fruit vegetable korma with rice</i>	<i>Mild and fruity vegetable korma with sticky rice</i>	<i>Baked pizza Florentine</i>
SIDES 1	<i>Roasted new potatoes</i>	<i>Sticky rice/Portuguese rice</i>	<i>Roast potatoes</i>	<i>Seasoned sticky rice</i>	<i>Oven baked chips</i>
SIDES 2	<i>Roasted Mediterranean vegetables</i>	<i>Broccoli and cauliflower</i>	<i>Roasted parsnips and carrots, broccoli</i>	<i>Sautéed leek stir fry</i>	<i>Mushy peas, garden peas and Greek beans</i>
JACKET BAR	<i>Chunky sausage casserole</i>	<i>Tomato and tuna sauce</i>	<i>Classic bolognese sauce</i>	<i>Ham and mushroom</i>	<i>Tuscan bean</i>
DESSERT	<i>Mini carrot cake muffins with cream cheese frosting</i>	<i>Marmalade fruit display - alongside tangy orange marmalade steamed pudding and orange sauce</i>	<i>The weird and wonderful fruit display</i>	<i>Individual banana custard pots</i>	<i>Pupil's choice - chocolate pudding with hot fudge sauce</i>
FRESH WHOLE FRUIT & YOGHURT	<i>Fresh whole fruit and yoghurt always available</i>				

Lunch Prep - Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TABLE TOP SNACKS	Carrots, cucumber and pepper sticks with avocado dip	Breadsticks with houmous	Olives, celery and courgette sticks	Cherry tomatoes, carrot, cucumber sticks with tomato salsa	Breadsticks and cream cheese
MAIN COURSE	Pasta bar - spaghetti with creamy chicken and mushroom sauce or rigatoni carbonara (made with cheese and mushrooms)	Bangers special - choose from butchers premium Cumberland, pork and leek, gravy and beans	Roast beef and Yorkshire pudding	A taste of the British Isles - Essex bonfire stew with herby dumplings	Homemade mini Pollock goujons
VEGETARIAN MAIN		Roast root vegetable crumble with crunchy topping	Panini bar - with a selection of fillings to include ham and mushroom, cheese and tomato, flaked tuna with cream cheese and tomato	Mushroom risotto	Shepherdess pie with sweet potato topping and cheese
SIDES 1	New potatoes	Sweet potato mash	Roast potatoes	Creamed potatoes	Chunky jacket wedges
SIDES 2	Carrots, beans and broccoli mix	Beans and peas	Roasted parsnips, carrots, hispi cabbage	Mixed seasonal vegetables	Mushy peas, garden peas and sweetcorn
JACKET BAR	Mushroom and blue cheese sauce	Crispy bacon and mature cheddar	Tuna, tomatoes and sweetcorn	Boston baked beans	Ratatouille
DESSERT	Citrus lemon sponge pudding and custard - alongside a citrus fruit display	Warm apple and raisin flapjack squares	Orange, mandarin and clementine trifle	Blackberry and yoghurt sponge puddings with custard	Cookie counter - delicious home made cookies - all your favourite flavours to choose from
FRESH WHOLE FRUIT & YOGHURT	Fresh whole fruit and yoghurt always available				