

Three-Week Regular Lunch Menu
Week one

Date	Yummy Main	Yummy Sweet
Monday	<p>Chicken goujons with garden peas (v) <i>Vegetarian nuggets with garden peas</i></p> <p>Served with baby new potato</p>	Pear flapjacks
Tuesday	<p>Tuna pasta bake with crunchy mixed peppers, sweetcorn and a grated cheddar cheese crust (v) <i>Vegetarian pasta bake with red lentils, crunchy mixed peppers, sweetcorn and a grated cheddar cheese crust</i></p> <p>Fresh raw veggies</p>	Peach yoghurt
Wednesday	<p>Beef pieces in a plum sauce with garden peas, grated carrots and oven roasted courgettes (v) <i>Butter beans in a teriyaki sauce with garden peas, grated carrots and oven roasted courgettes</i></p> <p>Served with egg free noodles</p>	Fresh orange wedges
Thursday	<p>Beef bolognese with garden peas and diced carrot (v) <i>Vegetarian bolognese, garden peas, diced carrot</i></p> <p>Served with whole wheat penne</p>	Fruit compote
Friday	<p>Vegetable pie with cabbage and pearl barley Fresh raw veggies</p>	Forest fruit cake

Three-Week Regular Lunch Menu
Week two

Date	Yummy Main	Yummy Sweet
Monday	Moroccan vegetable tagine with chick peas Served with bulgar wheat	Apple and raisins flapjacks
Tuesday	100% Beef burgers with a wholemeal bun <i>(v) Crispy crumbed vegetable with a wholemeal bun</i> Garnish with fresh lettuce and tomato sliced	Apple crumble
Wednesday	Roasted vegetable lasagna	Black cherry yoghurt
Thursday	100% Cod fillet fish cakes Served with vegetable rice <i>(v) Vegetable quarter pounders served with vegetable rice</i> Served with fresh raw veggies	Juicy carrot cake
Friday	Roast chicken bites in a blended Italian vegetable sauce with carrots, mixed peppers, tomato and oregano, served with roasted courgette and diced potato <i>(v) Butter beans in a blended Italian vegetable sauce with carrots, mixed peppers, tomato and oregano, served with roasted courgette and diced potato</i> Served with fresh raw veggies	Fresh fruit salad

Three-Week Regular Lunch Menu
Week three

Date	Yummy Main	Yummy Sweet
Monday	<p>Mild vegetarian curry with butter beans and diced potato</p> <p>Served with basmati rice</p>	Chocolate and banana cake
Tuesday	<p>Chicken sausage with garden peas and mash potato (v) <i>Vegetarian sausage with garden peas and mash potato</i></p> <p>Served with fresh raw veggies</p>	<p>Fresh melon slices (watermelon or honeydew)</p>
Wednesday	<p>Cottage pie (beef) Contains baked beans, carrots, celery. (v) <i>Vegetarian cottage pie with pearl barley. Contains baked beans, carrots, celery.</i></p> <p>Served with fresh raw veggies</p>	Strawberry yoghurt
Thursday	<p>Cod goujons with seasonal mixed vegetables (v) <i>Crispy vegetarian nuggets with seasonal mixed vegetables</i></p> <p>Served with crunchy diced potatoes</p>	Creamy vanilla rice pudding
Friday	<p>Roast chicken in a creamy cauliflower sauce with broccoli and mushrooms (v) <i>Cannellini beans in a creamy cauliflower sauce with broccoli and mushrooms</i></p> <p>Served with egg free noodles & fresh raw veggies</p>	Forest fruit and peach compote