

**Lunch Menu Lent Term 2019 Week 2:** Weeks Commencing 14/01, 04/02, 25/02, 18/03 and 08/04

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main meal</b>	<b>No Meat Monday Pasta Pomodoro</b> Penne pasta baked in a slow cooked tomato and herb ragu served with grated parmesan	<b>Beef Fajitas</b> Tender beef with roasted vegetables served on a soft flour tortilla with a choice of toppings (grated cheese, salsa and soured cream)	<b>Roast Chicken</b> Herb roasted chicken served with gravy, sage and onion stuffing and golden roast potatoes	<b>Sweet &amp; Sour Pork</b> Tender pieces of pork loin served in a tangy fruit sauce served with steamed rice and vegetables with prawn crackers	<b>Traditional Battered Fish &amp; Chips</b>
<b>Vegetarian</b>	<b>Three Cheese Pizza</b> A deep pan pizza topped with a home-made tomato sauce and cheese mix	<b>Mild Thai Vegetable Curry</b> Tender vegetables in a fragrant Thai sauce served with coconut rice and prawn crackers	<b>Cauliflower Gratin</b> Florets of cauliflower baked in a rich cheese sauce topped with a parmesan, herb and breadcrumb crust	<b>Vegetable Taco</b> A crispy Taco filled with a mild vegetable and bean chilli served with grated cheese, salsa and salad	<b>Vegetable Burger</b> Golden Baked Breaded Vegetable Burger
<b>Jacket Potato</b>	<b>Jacket Potato</b> served with a choice of tuna, baked beans or cheese	<b>Jacket Potato</b> served with a choice of tuna, baked beans, cheese or ham	<b>Jacket Potato</b> served with a choice of tuna, baked beans, cheese or ham	<b>Jacket Potato</b> served with a choice of tuna, baked beans, cheese or ham	<b>Jacket Potato</b> served with a choice of tuna, baked beans, cheese or ham
<b>Salads &amp; Vegetables</b>	All our main dishes are accompanied with a selection of freshly made salads and seasonal vegetables				
<b>Dessert</b>	A selection of cakes, desserts, jelly, yogurt, fresh fruit platter and whole fruits	A selection of cakes, desserts, jelly, yogurt, fresh fruit platter and whole fruits	<b>Fruity Wednesday</b> A lunch without cakes! A selection of fruits to encourage pupils to explore new tastes and textures along with jellies and yogurt	A selection of cakes, desserts, jelly, yogurt, fresh fruit platter and whole fruits	A selection of cakes, desserts, jelly, yogurt, fresh fruit platter and whole fruits

Child's Name: \_\_\_\_\_

Child's Form: \_\_\_\_\_