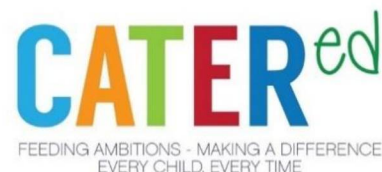


HOT PACKED LUNCH MENU

AUTUMN 2020



These meals will be served in compostable clam shell containers with the drink, dessert and cutlery in packed lunch carrier bags

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Choice One	All American burger with seasoned wedges (H) or veggie burger in a bun	Homemade pizza choices with diced potatoes (H)	Bolognese pasta bake & garlic bread (H) or quorn nuggets, wedges and garlic bread	Roast chicken cooked in gravy, roast potatoes, and stuffing (H) or vegetable plait roast potatoes etc	Breaded pollock with chips or pasta or courgettes sausages chips etc
Choice Two	Selection of jacket potatoes	Selection of jacket potatoes	Selection of jacket potatoes	Selection of jacket potatoes	Selection of jacket potatoes
Vegetables	Cucumber and carrot sticks	Small side salad	Cucumber & carrot sticks	Cooked carrot rounds	Small side salad
Dessert	Iced yoghurt (individual pots)	Piece of fruit & yoghurt	Savoury cornbread muffin (H)	Piece of fruit & yoghurt	Lemon drizzle cake (H)
WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Choice One	Southern style crispy chicken with wedges (H) or a crispy coated quorn fillet with wedges	Macaroni cheese & garlic bread (H)	All Day Breakfast (H) or a veggie breakfast	Roast beef cooked in gravy, Yorkshire pudding & roast potatoes(H) or Moroccan balls cooked in tomato sauce with roast potatoes etc.	Fish fingers with chips or pasta or homemade veggie sausage rolls with chips or pasta
Choice Two	Selection of jacket potatoes	Selection of jacket potatoes	Selection of jacket potatoes	Selection of jacket potatoes	Selection of jacket potatoes
Vegetables	Cucumber and carrot sticks	Small side salad	Cucumber and carrot sticks	Cooked carrot rounds	Cucumber/carrot sticks
Dessert	Iced yoghurt (individual pots)	Piece of fruit & yoghurt	Sliced cheese & savoury biscuits (H)	Piece of fruit & yoghurt	Victoria sponge (H)
WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Choice One	Hotdog (chicken sausage can be used) with diced potatoes (H) or quorn sausage in a roll	Cheese wheels with wedges (H)	BBQ chicken french bread pizza with jacket wedges(H) Or BBQ vegetable pizza	Roast gammon (chicken can be used) cooked in gravy served with roast potatoes (H) or quorn fillet with roast potatoes etc.	Breaded fish fillet and chips or pasta or cheese ad tomato quiche with chips etc.
Choice Two	Selection of jacket potatoes	Selection of jacket potatoes	Selection of jacket potatoes	Selection of jacket potatoes	Selection of jacket potatoes
Vegetables	Cucumber and carrot sticks	Small side salad	Cucumber and carrot sticks	Cooked carrot rounds	Cucumber/carrot sticks
Dessert	Iced yoghurt(individual pots)	Piece of fruit & yoghurt	Orange sponge(H)	Piece of fruit & yoghurt	Oaty orange & sultana cookie(H)

H – Home-made / V – Vegetarian / Ve – Vegan / Selection of jacket potatoes with meat or vegetarian choices
Please note that baked beans can be offered as a substitute to the salad being served as veg if required