LUNCHTIME C.O.® WEEKS: 21/04, 12/05, 09/06. 30/06, 21/07, 01,09, 22/09, 13/10 HOT MARKET HOT MARKET



	Monday	HOT MARKET SANDWICH C TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Crispy Chicken Bites served with Sliced Sauté Potatoes, Peas & Sweetcorn	Cheese & Ham French Bread Pizza served with Jacket Potato Wedges, Crunchy Carrot & Cucumber Sticks	Homemade Beef Lasagne served with Wholemeal Garlic & Herb Bread, Mixed Vegetables or Salad	Roast Pork served with Roast Potatoes, Carrots, Broccoli, Yorkshire Pudding and Gravy	Fish Fingers or Salmon Fish Fingers served with Chips, Garden Peas or Baked Beans & Ketchup
MEAT FREE	Crispy Vegetable Bites served with Sliced Sauté Potatoes, Peas & Sweetcorn	Cheese & Tomato French Bread Pizza served with Jacket Potato Wedges, Crunchy Carrot & Cucumber Sticks	Roasted Vegetable & Lentil Lasagne served with Wholemeal Garlic & Herb Bread, Mixed Vegetables or Salad	Quorn Sausage served with Roast Potatoes, Carrots, Cabbage, Yorkshire Pudding and Gravy	Vegetable Spring Roll served with Chips, Garden Peas or Baked Beans & Ketchup
PASTA & JACKETS	Jacket Potato with Choice of Toppings served with Fresh Salad	Pasta Twists with Homemade Tomato and Vegetable Sauce served with Fresh Salad and Chunky Bread	Jacket Potato with Choice of Toppings served with Fresh Salad	Pasta Twists with Cheddar Cheese Sauce with Fresh Salad and Chunky Bread	Jacket Potato with Choice of Toppings served with Fresh Salad
DESSERTS	Choose One of Our Fabulous Desserts Chocolate Crispy Cake Fruity Jelly Fresh Fruit Pot	Choose One of Our Fabulous Desserts Cappuccino Cake Fruit Yogurt & Coulis Fresh Fruit Pot	Choose One of Our Fabulous Desserts Ginger Cookies Fruity Jelly Fresh Fruit Pot	Choose One of Our Fabulous Desserts Ice Lolliy Fruit Yogurt & Coulis Fresh Fruit Pot	Choose One of Our Fabulous Desserts Chocolate Brownie Fruity Jelly Fresh Fruit Pot

Making lunchtime the highlight of your day



Μ	EAT	
F	REE	

Mediterranean Vegetable Pasta Bake served with Wholemeal Garlic & Herb Bread and Seasonal Vegetables

Quorn Sausage in a Crispy Baguette Served With Crispy Potatoes & Vegetable Sticks

Margherita Wholemeal Pizza served with Baked Potato Wedges, Peas & Sweetcorn

Quorn Sausage served with Potatoes. Yorkshire Pudding, Carrots and Broccoli

Cheese, Onion & **Mixed Pepper Roll** served with Chips. Garden Peas or Baked Beans & Ketchup

& Ketchup

PASTA & JACKETS

Jacket Potato with **Choice of Toppings** served with Fresh Salad

Pasta Twists with Homemade Tomato and Vegetable Sauce served with Fresh Salad and **Chunky Bread**

Jacket Potato with **Choice of Toppings** served with Fresh Salad

Pasta Twists with Cheddar Cheese Sauce with Fresh Salad and **Chunky Bread**

Jacket Potato with **Choice of Toppings** served with Fresh Salad

DESSERTS

Choose One of Our **Fabulous Desserts Chocolate Sponge Fruity Jelly Fresh Fruit Pot**

Choose One of Our Fabulous Desserts Vanilla Muffin Fruit Yogurt & Coulis **Fresh Fruit Pot**

Choose One of Our **Fabulous Desserts Cornflake Tart Fruity Jelly Fresh Fruit Pot**

Choose One of Our Fabulous Desserts Vanilla Ice-Cream & Fruit Sauce Fruit Yogurt & Coulis **Fresh Fruit Pot**

Choose One of Our Fabulous Desserts Carrot Cake **Fruity Jelly** Fresh Fruit Pot

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LUNCHTIME C.º°

WEEK 3 MENU

WEEKS: 28/04, 19/05, 16/06, 07/07, 08/09, 29/09, 20/10



	MONDAY	HOT MARKET SANDWICH TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Baked Sausage Roll served with Crispy Cubed Potatoes & Baked Beans or Fresh Salad	BBQ Pulled Chicken Wrap served with Savory Wholegrain Vegetable Rice & Salad	Beef Bolognese Pasta served with Garlic & Herb Bread and Mixed Vegetables	Roast Chicken served with Roast Potatoes, Carrots, Broccoli, Yorkshire Pudding and Gravy	Breaded Fish Fillet served with Chips, Garden Peas or Baked Beans & Ketchup
MEAT FREE	Vegan Sausage Roll served with Crispy Cubed Potatoes & Baked Beans or Fresh Salad	Veggie Mince Chili Wrap served with Savory Wholegrain Vegetable Rice & Salad	Vegetable & Lentil Bolognese served with Spaghetti, Garlic & Herb Bread and Seasonal Vegetables	Quorn Sausage served with Roast Potatoes, Carrots, Cabbage, Yorkshire Pudding and Gravy	Vegetable Spring Rolls served with Chips, Garden Peas or Baked Beans & Ketchup
PASTA & JACKETS	Jacket Potato with Choice of Toppings served with Fresh Salad	Pasta Twists with Homemade Tomato and Vegetable Sauce served with Fresh Salad and Chunky Bread	Jacket Potato with Choice of Toppings served with Fresh Salad	Pasta Twists with Cheddar Cheese Sauce with Fresh Salad and Chunky Bread	Jacket Potato with Choice of Toppings served with Fresh Salad
DESSERTS	Choose One of Our Fabulous Desserts Sprinkle Cookie Fruity Jelly Fresh Fruit Pot	Choose One of Our Fabulous Desserts Iced Chocolate Cake Fruit Yogurt & Coulis Fresh Fruit Pot	Choose One of Our Fabulous Desserts Fruit Flapjack Fruity Jelly Fresh Fruit Pot	Choose One of Our Fabulous Desserts Ice Lolly Fruit Yogurt & Coulis Fresh Fruit Pot	Choose One of Our Fabulous Desserts Lemon Drizzle Cake Fruity Jelly Fresh Fruit Pot

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