LUNCHTIME CO®

WEEK 1 MENU

WEEKS: 21/04, 12/05, 09/06. 30/06, 21/07, 01,09, 22/09, 13/10

Bounds Green School

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Margherita wholemeal pizza served with baked potato wedges, peas & sweetcorn	Chicken curry served with turmeric rice, naan bread finger & mixed vegetables	Homemade beef lasagne served with wholemeal garlic & herb bread, mixed vegetables or salad	Roast chicken served with roast potatoes, carrots, cabbage and gravy	Fish fingers or salmon fish fingers served with chips, garden peas or baked beans & ketchup
MEAT FREE	Quorn sausage in a baguette served with crispy potatoes & vegetable sticks	Lentil dahl served with turmeric rice, naan bread finger & mixed vegetables	Vegetable lasagne served with wholemeal garlic & herb bread, mixed vegetables or salad	Creamy leek Wellington served with roast potatoes, carrots, cabbage and gravy	Vegan Quorn sausage served with chips, garden peas or baked beans & ketchup
Pasta and jackets	Jacket potato with choice of toppings served with fresh salad	Pasta twists with homemade tomato and vegetable sauce served with fresh salad	Jacket potato with choice of toppings served with fresh salad	Pasta twists with cheddar cheese Sauce served with fresh salad	Jacket potato with choice of toppings served with fresh salad
DESSERTS	Fruit yogurt & coulis, or fresh fruit pot	Fruit yogurt & coulis, or fresh fruit pot	Fruit yogurt & coulis, or fresh fruit pot	Fruit yogurt & coulis, or fresh fruit pot	Chocolate brownie, fruity jelly, or fresh fruit pot

Making lunchtime the highlight of your day

LUNCHTIME CO®

WEEK 2 MENU

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

Bounds Green School

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Spanish-style vegetable pasta bake served with wholemeal garlic & herb bread, seasonal vegetables	Tandoori chicken served with noodles and stir-fried seasonal vegetables	Build your own beef mince chili wrap served with savoury vegetable rice & salad	Chicken sausages served with mash potatoes, carrots, broccoli and gravy	Chicken nuggets served with chips, garden peas or baked beans & ketchup
MEAT FREE	Traditional macaroni cheese served with wholemeal garlic & herb bread, seasonal vegetables	Jollof rice served with stir-fried greens beans	Veggie mince chili wrap served with savoury vegetable rice & salad	Quorn sausage served with mash potatoes, carrots, broccoli and gravy	Vegetable nuggets 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	Jacket potato with choice of toppings served with fresh salad	Pasta twists with cheddar cheese Sauce served with fresh salad	Jacket potato with choice of toppings served with fresh salad
DESSERTS	Fruit yogurt & coulis, or fresh fruit pot	Fruit yogurt & coulis, or fresh fruit pot	Fruit yogurt & coulis, or fresh fruit pot	Fruit yogurt & coulis, or fresh fruit pot	Homemade Cookie, fruity jelly or fresh fruit pot

Making lunchtime the highlight of your day

LUNCHTIME CO®

WEEK 3 MENU

WEEKS: 05/05, 02/06, 23/06, 14/07, 15/09,06/10

Bounds Green School

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Vegan sausage roll served with crispy potatoes & vegetable sticks	Jerk chicken thigh served with rice & beans, seasonal vegetable	Beef bolognese pasta served with garlic & herb bread, mixed vegetables	Roast turkey served with potatoes, yorkshire pudding, carrots, broccoli & gravy	Beef burger served with chips, garden peas or baked beans & ketchup
MEAT FREE	Rainbow wholemeal pizza served with baked potato wedges, peas & sweetcorn	BBQ lentil, chickpea & vegetable stew served with rice & beans, seasonal vegetable	Vegetable bolognese served with spaghetti, garlic & herb bread, seasonal vegetables	Roast vegetable & beans pie served with potatoes, carrots & broccoli	Veggie burger 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	Jacket potato with choice of toppings served with fresh salad	Pasta twists with cheddar cheese Sauce served with fresh salad	Jacket potato with choice of toppings served with fresh salad
DESSERTS	Fruit yogurt & coulis, or fresh fruit pot	Fruit yogurt & coulis, or fresh fruit pot	Fruit yogurt & coulis, or fresh fruit pot	Fruit yogurt & coulis, or fresh fruit pot	Special Friday dessert, fruity jelly or fresh fruit pot

Making lunchtime the highlight of your day