

# WEEK ONE

# LUNCH TIME

Essex County Council

## Monday

### MEAT FREE

Rainbow Pasta with  
Tomato and basil Sauce  
or  
Macaroni Cheese



Homemade Crusty  
Herb Bread  
Sweetcorn



Salad Bar



Chocolate Sponge & custard  
Glass of Milk

## Tuesday

Butchers Burger in a bun  
Quorn burger(v)



Tiger Wedges



Salad Bar –  
Including Couscous or  
Rice Salad



Fruity Crumble Slice served with  
Ice Cream

## Wednesday

### SUMMER ROAST

Roast Gammon Steak,  
Pineapple Ring,  
or  
Sweet Potato Rosti (v)



New Potatoes  
Peas  
Cauliflower Cheese



Fruit Smoothie

## Thursday

Butcher's Sausage  
served in a rich Onion Gravy  
or  
Vegetable Sausage Twist (v)



Mashed Potatoes  
Green Beans  
Freshly Sliced Carrots



Fresh Fruit Salad and  
Cream

## Friday

### FISH FRIDAY!

Birds Eye  
Chunky Fish Finger  
or  
Quorn Dippers (v)



Chips  
Baked Beans



Salad Bar



Milkshake Cupcake.

Also available daily - Fresh Wholemeal Bread; Fresh Fruit  
Yeo Valley yoghurt ,Fresh Milk and Water



# WEEK TWO

# LUNCH TIME

## Monday

### MEAT FREE Jacket Potato Day

Choose from your favourite fillings:  
Cheese  
Or  
Baked Beans



Mixed Seasonal Salad  
(Lettuce, Cucumber,  
Tomatoes & Peppers.)



Flapjack & Fruit

## Tuesday

Crispy Polenta Chicken  
or  
Stuffed Peppers with Moroccan  
Couscous (v)



Rainbow Pasta with Smoky  
Tomato Sauce  
Sweetcorn and Red Pepper  
Salad



Salad Bar



Angel Delight Topped with  
Fresh Fruit

## Wednesday

**ROAST**  
Roast Pork  
Sage & Onion Stuffing, Gravy  
or  
Spinach and Potato Bake (v)



Roast Potatoes  
Cauliflower  
Green Beans



Summer Fruit Platter

## Thursday

All Day Breakfast Bap: -  
Sausage, Bacon and  
omelette served in a  
Floured Bap  
or  
Vegetarian Sausage and  
omelette served in a Floured  
Bap (v)



Baked Beans, Tomatoes  
Mushrooms



Summer Fruits served with  
Arctic Roll

## Friday

### FISH FRIDAY!

**New!** Crispy Fish Sticks  
or  
Tomato and Red Onion Tart (v)



Chips  
BBQ Beans  
Peas



Salad Bar



Peach Melba Sponge Tray  
Bake.



Also available daily - Fresh Wholemeal Bread; Fresh Fruit;  
Muller fruit corner; Fresh Milk and Water



# WEEK THREE

# LUNCH TIME

## Monday

### MEAT FREE

Pizza Day  
Cheese and Tomato



Rainbow Pasta Salad

Garden Salad



Red Velvet Slice

## Tuesday

Sticky Sausages  
or  
Sticky Quorn Sausage (v)



New Potatoes  
Sweetcorn



Salad Bar



Strawberry Jelly and Cream

## Wednesday

### ROAST

Roast Chicken  
Sage & Onion Stuffing, Gravy  
or  
Vegetable Strudel (v)  
And vegetable gravy



Roast Potatoes  
Carrots  
Green Beans



Fruit Platter

## Thursday

Spaghetti Bolognese  
or  
Vegetarian Quorn balls  
(v)



Garlic Bread  
Peas



Salad Bar



Ice Cream tub & Fruit

## Friday

### FISH FRIDAY!

Omega 3  
Fish Fingers  
Or  
Quorn dippers (v)



Chips  
Baked Beans



Salad Bar



Oaty Biscuit served with an  
Orange Wedge and a  
Glass of Milk



Also available daily - Fresh Wholemeal Bread; Fresh Fruit;  
Yeo Valley yoghurt; Fresh Milk and Water

