LUNCHTIME CO®

WEEK 1 MENU

WEEKS: 02/11, 23/11, 14/12, 18/01, 8/02, 8/03

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Roasted arrabiata spaghetti in rich tomato sauce, served with seasonal vegetables & soda bread	Mexican style beef & bean tacos, served with vegetable rice and selection of sides	Roast chicken served with Yorkshire pudding potatoes, carrots, broccoli & gravy	Lunchtime BBQ brunch Chicken sausages, hash browns & coleslaw and corn on the cob	Fish fingers fingers served with chips, peas or baked beans
MEAT FREE	Mac & cheese with cheesy vegetable sauce, herb crust, homemade soda bread and seasonal vegetables	Cheese & tomato pinwheels served with vegetable rice & seasonal vegetables	Jacket potato with choice of toppings Tuna or Cheese served with fresh salad	Lunchtime BBQ brunch Quorn sausages, hash browns & coleslaw and corn on the cob	Fishless fish Fingers served with chips, peas or baked beans
DESSERTS	Choose one of our fabulous desserts fruity jelly or fresh fruit pot	Choose one of our fabulous desserts apple & pear crumble with warm vanilla custard or fresh fruit pot	Choose one of our fabulous desserts fruity jelly or fresh fruit pot	Choose one of our fabulous desserts natural yogurt & coulis or fresh fruit pot	Choose one of our fabulous desserts cinnamon shortbread with fruit slice or fresh fruit pot

Making lunchtime the highlight of your day

LUNCHTIME CO®

WEEK 2 MENU

WEEK: 09/11, 30/11, 4/01, 25/01, 22/02, 15/03

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Margherita pizza served with Baked Potato cubes, seasonal vegetables	Marinated jerk chicken thigh served with jollof rice, peas & carrots	Chicken sausage served with potatoes, Yorkshire pudding, carrots, broccoli & gravy	Italian style bolognese served with pasta, focaccia & mixed vegetables	Breaded Fish fillet served with chips & garden peas or fresh salad
MEAT FREE	Rainbow pizza served with baked rainbow wedges, seasonal vegetables	Vegetable & black bean jerk stew, jollof rice served with peas & carrots	Quorn sausage served with potatoes, Yorkshire pudding, carrots, broccoli & gravy	Jacket potato with choice of toppings Tuna or Cheese served with fresh salad	Fishless fish fingers served with chips Peas or Fresh salad
DESSERTS	Choose one of our fabulous desserts fruity jelly or fresh fruit pot	Choose one of our fabulous desserts natural yogurt & coulis or fresh fruit pot	Choose one of our fabulous desserts oat & apricot cookie or fresh fruit pot	Choose one of our fabulous desserts natural yogurt & coulis or fresh fruit pot	Choose one of our fabulous desserts secret garden muffins (chocolate & courgette) or fresh fruit pot

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LUNCHTIME CO®

WEEK 3 MENU

WEEKS: 16/11, 7/12, 11/01, 01/02, 01/03, 22/03

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Tex mex vegan mince & cheese burrito served with mixed vegetables or fresh salad	Chicken teriyaki served with rice carrot & cucumber sticks	Lemon & herb roast chicken served with Yorkshire pudding Roast potatoes, carrots, broccoli & gravy	Beef lasagna served with homemade garlic bread & mixed vegetables or fresh salad	Fish fingers served with chips garden peas or baked beans
MEAT FREE	Jacket Potato with Choice of Toppings Tuna or Cheese served with Fresh Salad	Pasta with homemade tomato and vegetable sauce served with fresh salad	Cheese & tomato swirl Served with Roast Potatoes , carrots, Broccoli	Vegetable lasagna served with homemade garlic bread & mixed vegetables or fresh salad	Fishless fish fingers served with chips, garden peas or baked beans
DESSERTS	Choose one of our fabulous desserts fruity jelly or fresh fruit pot	Choose one of our fabulous desserts natural yogurt or fresh fruit pot	Choose one of our fabulous desserts fruity jelly or fresh fruit pot	Choose one of our fabulous desserts vanilla ice-cream & fruit sauce or fresh fruit pot	Choose one of our fabulous desserts Chocolate Orange crunch or fresh fruit pot

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