

# Week One

Monday

### Choose From

Chicken Sausage & Gravy with Mashed Potato  
Quorn Sausage & Gravy with Mashed Potato  
Jacket Potato topped with BBQ Beans

### On the Side

Carrots & Cauliflower

### Something Sweet

Syrup Sponge

Tuesday

### Choose From

Chilli Con Carne with Rice  
Quorn Chilli with Rice  
Jacket Potato topped with Coleslaw

### On the Side

Broccoli & Sweetcorn

### Something Sweet:

Sultana Cookie

Wednesday

### Choose From

Roast Chicken & Gravy with Roast Potatoes  
Vegetable Puff & Gravy with Roast Potatoes  
Jacket Potato topped with Baked Beans

### On the Side

Carrots & Leeks & Spring Green Cabbage

### Something Sweet

Pineapple & Coconut Crumble & Custard

Thursday

### Choose From

Beef Pasta Bake  
Vegetable Pasta Bake  
Jacket Potato topped with Tuna Mayonnaise

### On the Side

Sweetcorn & Carrots

### Something Sweet

Banana Split Cake

Friday

### Choose From

Fish Fingers with Chips  
Vegetarian Burger in a Bun with Chips  
Jacket Potato topped with Spicy Vegetables

### On the Side

Baked Beans & Peas

### Something Sweet

Peaches & Custard

WEEK COMMENCING: 20TH APR, 11TH MAY, 8TH JUNE  
29TH JUNE, 20TH JULY, 14TH SEPT, 5TH OCT

UNLIMITED ACCESS TO OUR SALAD BAR WITH 3 TO 6 ITEMS TO CHOOSE FROM AVAILABLE DAILY

We have been awarded the Marine Stewardship Council (MSC) Chain of Custody certification in all Redbridge schools, which means our MSC certified seafood is traceable from the fishery to your child's plate.

# Week Two

Monday

### Choose From

Stir Fry Chicken Noodles  
Quorn Chow Mein  
Jacket Potato topped with Vegetable Chilli

### On the Side

Carrots & Green Beans

### Something Sweet

Fresh Fruit & Ice Cream

Tuesday

### Choose From

Spaghetti Bolognese  
Vegetable & Lentil Bolognese  
Jacket Potato topped with Tuna Mayonnaise

### On the Side

Peas & Cauliflower

### Something Sweet

Iced Chocolate Cake

Wednesday

### Choose From

Roast Turkey & Gravy with Roast Potatoes  
Summer Vegetable Tart with Roast Potatoes  
Jacket Potato topped with Baked Beans

### On the Side

Broccoli & Mixed Vegetables

### Something Sweet

Banana Flapjack

Thursday

### Choose From

Sweet & Sour Chicken with Rice  
Vegetable & Chickpea Rice  
Jacket Potato topped with Coleslaw

### On the Side

Summer Slaw & Sweetcorn Cobettes

### For Afters

Lemon & Thyme Cake & Custard

Friday

### Choose From

Fish Bake (SALMON) with Chips  
Vegetable Nuggets with Chips  
Jacket Potato topped with Ratatouille

### On the Side

Baked Beans & Peas

### Something Sweet

Fruit Salad

WEEK COMMENCING: 27TH APR, 18TH MAY, 15TH JUNE,  
6TH JULY, 31ST AUG, 21ST SEPT, 12TH OCT

A DAILY CHOICE OF FRESH WHOLEMEAL & ORGANIC WHITE CRUSTY BREAD

We think that **BRITISH SEASONAL** food is fresh, tasty and nutritious. Some of our favourites this season are carrots, cabbage, onions, cauliflower, swede & beetroot!

# Week Three

Monday

### Choose From

Chicken Pie with Potato Wedges  
Bean Burrito with Potato Wedges  
Jacket Potato topped with Fruity Coleslaw

### On the Side

Peas & Sweetcorn

### Something Sweet

Fruit Ice Lolly

Tuesday

### Choose From:

BBQ Chicken with Rice  
Quorn BBQ Chicken with Rice  
Jacket Potato topped with Vegetable Chilli

### On the Side

Broccoli & Rustic Green Salad

### Something Sweet

Oat Dream Cookie

Wednesday

### Choose From

Roast Chicken Drumsticks & Gravy served with Roast Potatoes  
Quorn Sausage & Gravy with Roast Potatoes  
Jacket Potato with Tuna & Sweetcorn Mayonnaise

### On the Side

Carrots & Spinach

### Something Sweet

Mandarins & Strawberry Jelly

Thursday

### Choose From

Beef Meatballs in a Tomato Sauce with Pasta  
Roasted Vegetable Pasta  
Jacket Potato topped with Mexican Vegetables

### On the Side

Sweetcorn & Green Beans

### Something Sweet

Courgette Cake

Friday

### Choose From

Fish Fingers with Chips  
Homemade Bean Burger served with Chips  
Jacket Potato topped with Baked Beans

### On the Side

Baked Beans & Peas

### Something Sweet

Fruit Salad & Soya Yoghurt

WEEK COMMENCING: 4TH MAY, 25TH MAY, 22ND JUNE,  
13TH JULY, 7TH SEPT, 28TH SEPT, 19TH OCT

CHILLED DRINKING WATER IS ALWAYS AVAILABLE

All of our eggs are FREE RANGE. We use them in lots of our cakes, quiches and other homemade dishes!

All our meat is UK FARM ASSURED