

School Lunches August/September

| Week 1 | Monday 21 st | Tuesday 22 nd | Wednesday 23 rd | Thursday 24 th | Friday 25 th |
|--------|---|---|---|--|--|
| | Chili Con Carne Bean & Cheese Taco with green Peppers Yellow Rice Guacamole & Tomato salsa Tortilla chips | Beef Lasagna Vegetable Lasagna Garlic Bread Mixed Salad | Chicken Pot Pie Vegetable & Potato Pot Pie Roast Potatoes Green Beans & Carrots | Beef Korma Curry Chickpea & Lentil Curry Rice & Chapatti Peas & Carrots Banana | Mixed Pizza Potato Wedges Mixed Salad Chocolate Brownie |
| Week 2 | Monday 28 th | Tuesday 29 th | Wednesday 30 th | Thursday 31 st | Friday 1 st |
| | Beef Fried Steak with Onion Gravy Tempura Vegetables Mash Potato Mixed Vegetables | Chicken Fajitas with tomato & Basil sauce Cheese & tomato Quesadilla Mexican Rice Guacamole & Salsa | Beef Bolognaise Vegetable Calzone Pasta Shapes Focaccia Bread Pineapple Skewers | Fish Fingers Tartar Sauce Potato Wedges Mixed Salad | Beef Burgers in Buns Lentil Burgers Couscous Salad Carrot & Cucumber Sticks Carrot Cake |
| Week 3 | Monday 4 th | Tuesday 5 th | Wednesday 6 th | Thursday 7 th | Friday 8 th |
| | Chili Con Carne Bean & Cheese Taco with green Peppers Yellow Rice Guacamole & Tomato salsa Tortilla chips | Lemon & Herb Fish cakes Homemade Baked Beans Potato Wedges Fruit Skewers | Meatballs in Tomato & Basil Sauce Tomato & Basil Sauce Pasta Focaccia Bread Mixed Salad | Chicken Stir-fry Vegetable Spring Rolls Fried Rice Stir fry Vegetables | Selection of Sandwiches Potato Wedges, Carrot, Cucumber & Tomato Salad Cookies |
| Week 4 | Monday 12 th | Tuesday 13 th | Wednesday 14 th | Thursday 15 th | Friday 16 th |
| | Beef Taco's Bean Taco's Potato Cubes Guacamole & Salsa Mixed Salad | Sweet & Sour Chicken Sweet & Sour Tempura Veg Rice Stir Fry Vegetables Sliced Watermelon | Beef Sausages in Marinara Sauce Mushroom & Green pepper Marinara Sauce Pasta Garlic Bread Mixed Salad | Beef Pot Pie Vegetable Pot Pie Rice Mixed Vegetables | Meatball Sub Fried Falafel Balls Sub with Tzatziki Potato Wedges, Carrot, Cucumber & Tomato Salad Banana cake |

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| Week 5 | Monday 19 th | Tuesday 20 th | Wednesday 21 st | Thursday 22 nd | Friday 23 rd |
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| | Chili Con Carne | Beef Lasagna | Chicken Pot Pie | Beef Korma Curry | Mixed Pizza |
| | Bean & Cheese Taco with green Peppers | Vegetable Lasagna | Vegetable & Potato Pot Pie | Chickpea & Lentil Curry | Potato Wedges |
| | Yellow Rice | Garlic Bread | Roast Potatoes | Rice & Chapatti | Mixed Salad |
| | Guacamole & Tomato salsa | Mixed Salad | Green Beans & Carrots | Peas & Carrots | Chocolate Brownie |
| | Tortilla chips | | | Banana | |
| Week 6 | Monday 26 th | Tuesday 27 th | Wednesday 28 th | Thursday 29 th | Friday 30 th |
| | Beef Fried Steak with Onion Gravy | Chicken Fajita with tomato & Basil sauce | Beef Bolognaise | Fish Fingers | Beef Burgers in Buns |
| | Tempura Vegetables | Cheese & tomato Quesadilla | Vegetable Calzone | Tartar Sauce | Lentil Burgers |
| | Mash Potato | Mexican Rice Guacamole & Salsa | Pasta Shapes | Potato Wedges | Couscous Salad |
| | Mixed Vegetables | | Focaccia Bread | Mixed Salad | Carrot & Cucumber Sticks |
| | | | Pineapple Skewers | | Carrot Cake |