

WEEK ONE

LUNCH TIME

Monday

MEAT FREE

Rainbow Pasta with Schools Favourite Sauces
Tomato Sauce, 3 Cheese
or
Quorn Bolognaise (v)



Homemade Crusty Herb Bread
Sweetcorn



Salad Bar-



Toffee Krispie Bar

Glass of Milk

Tuesday

Folded Flatbread or Tortilla Wrap with a Choice of Chicken fillings-
or
Falafel (v) in a Folded Flatbread or Tortilla Wrap



Tiger Wedges
Mixed Salad



Salad Bar



Flapjack

Wednesday

SUMMER ROAST

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



New Potatoes
Peas
Cauliflower Cheese



Salad Bar -



Fruit Smoothie

Thursday

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



Creamed Potatoes
Green Beans
Freshly Sliced Carrots



Salad Bar- Choice of at least 6 Salads



Cheese Cake

Friday

FISH FRIDAY!

Birds Eye
Chunky Fish Finger
or
Cheese & Bean Plait (v)



Chips
Baked Beans



Salad Bar- Choice of at Least 6 Salads



Milkshake Cupcake.

Also available daily - Fresh Wholemeal Bread; Fresh Fruit; Fresh Fruit salad/pots Yeo Valley yoghurt; Muller fruit corner (optional); Jelly (Optional); Fresh Milk and Water Lunch Box available every day Ham, cheese, or tuna sandwich with a pick of 4 items:- frubes/yoghurt/cucumber/carrots/pasta pot/crisps followed by biscuit/jelly/fruit pot/Jacket potato.



WEEK THREE

LUNCH TIME


Essex County Council

Monday

MEAT FREE

French Bread Pizza
Cheese/pepporini
pizza



Pasta Salad
Sweetcorn peppers



Salad Bar



Eaton Mess

Tuesday

Local butcher's Beef Burger in
a bun with onions served with
tomato ketchup
Or spicy bean burger



Dry baked Tiger
Wedges
American Coleslaw



Salad bar



Rocky Road

Wednesday

ROAST

Roast Turkey
Yorkshire Pudding, Gravy
or
Roasted Vegetable Yorkshire
Pudding (v)



Roast Potatoes
Green Beans
Carrots



Salad Bar- choice of at least 6
Salads



Jelly

Thursday

Sticky Wicket Pork Strips
(Chinese style)
or
Sticky Quorn Pieces(v)



White and Wholegrain Rice
Or Chinese Stir Fry Egg
Noodles
Fresh Broccoli Florets



Salad Bar- choice of at least 6
Salads



Italian Lemon Cake



Friday

FISH FRIDAY!

Chip Shop Mini Battered Fish
Fillets Served with a Lemon
Wedge
or
Omelette (v)



Chips
Garden Peas
Golden Sweetcorn



Salad Bar choice of at least 6
Salads



Strawberry Shortcake

Also available daily - Fresh Wholemeal Bread; Fresh Fruit; Fresh Fruit salad/pots Yeo Valley yoghurt; Muller fruit corner (optional); Jelly (Optional); Fresh Milk and Water Lunch Box available every day Ham, cheese, or tuna sandwich with a pick of 4 items:- frubes/yoghurt/cucumber/carrots/pasta pot/crisps followed by biscuit/jelly/fruit pot/jacket potato.

**WEEK
TWO**

LUNCH TIME



Monday

Chicken Breast Chunks
Or Quorn or Vegetable
Dippers
(v)

Pomme noisettes
Baked Beans



Salad Bar



Ice Cream Pot or Fruit Bar



Tuesday

Pork Meatballs in a tomato
Sauce
or
Quorn Balls served in a Tomato
Sauce (v)



Served on a bed of Wholemeal
and White Rice
Green Beans



Salad Bar



Fresh fruit Salad

Wednesday

Pulled Pork
or
Chess & Tomato Quiche (v)



Cheesy Mash
Sweet corn
Cole slaw



Salad Bar



Frozen 100% Fruit Lolly

Thursday

Spaghetti Bolognaise
Or
Broccoli & Cauliflower Pasta
Bake



Garlic Bread
Mixed Salad



Salad Bar-



Chocolate Berry Cookie

Friday

MEAT FREE
Fishwich in a Bun
or
Bean Burger in a Bun (v)



Chips
Garden Peas



Salad Bar



Chocolate & Orange Cake



Also available daily - Fresh Wholemeal Bread; Fresh Fruit; Fresh Fruit salad/pots Yeo Valley yoghurt; Muller fruit corner (optional); Jelly (Optional); Fresh Milk and Water Lunch Box available every day Ham, cheese, or tuna sandwich with a pick of 4 items:- frubes/yoghurt/cucumber/carrots/pasta pot/crisps followed by biscuit/jelly/fruit pot/jacket potato.