

Lunch menu from September 2nd 2021

Name: _____

Lambton / Lumley

WEEK 1				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Baked pork steak with wholegrain rice and bbq sauce	Chicken chow mein and noodles	Minced beef with Yorkshire pudding, gravy and mash	Cheese and onion pie, roast potatoes	Battered fish with chips
Quorn and veg crispy taco (v), lettuce, salsa and wedges	Wholemeal cheese and tomato pizza (v) with half jacket	Macaronic cheese (v) with croutons	Tomato and basic pasta (v) with garlic bread	Vegetable burritos (v) and brown rice
Jacket with beans or cheese	Jacket with beans or cheese	Jacket with beans or cheese	Jacket with beans or cheese	Jacket with beans or cheese
Cheese sandwich	Tuna sandwich	Ham sandwich	Ham sandwich	Egg mayo sandwich
Ginger biscuit and orange slices	Flapjack and apple slices	Lemon drizzle cake	Peach shortcake with custard	Chocolate and pear sponge with chocolate drizzle

WEEK 2				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken parmo with new potatoes	Pasta bolognese with garlic bread	Roast pork with gravy and roast potatoes	Chicken pie with gravy and mash	Fish fingers with chips
Spanish omelette (v) with peppers and potatoes and crusty bread	Homemade cheese and onion quiche (v), wedges	Wholemeal cheese and tomato pizza (v) roast potatoes	Baked bean lasagne (v) with bread	Vegetarian sausage (v) with soft roll, chips
Jacket with beans or cheese	Jacket with beans or cheese	Jacket with beans or cheese	Jacket with beans or cheese	Jacket with beans or cheese
Tuna sandwich	Cheese sandwich	Ham sandwich	Cheese sandwich	Egg mayo sandwich
Chocolate crispy cake	Lemon and courgette cake	Iced sponge	Cheese and biscuits with apple or iced chocolate cake	Oat flapjack with custard

WEEK 3				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Creamy chicken curry with wholegrain rice	Corned beef pie with gravy and new potatoes	Roast gammon loin with roast potatoes	Spaghetti bolognese	Battered fish and chips
Wholemeal cheese and tomato pizza (v) with baked wedges	Baked omelette (v)	Cheesy pasta bake (v) with garlic bread	Vegetarian sausage in a bun (v) with wedges and tomato sauce	Creamy savoury vegetable pie (v) with chips
Jacket with beans or cheese	Jacket with beans or cheese	Jacket with beans or cheese	Jacket with beans or cheese	Jacket with beans or cheese
Ham sandwich	Cheese sandwich	Tuna sandwich	Ham sandwich	Egg sandwich
Shortbread w milk	Chocolate crunch and custard	Oat cookie with watermelon	Carrot cake	Fruit jelly