

LUNGHIME



MONDAY

THESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 1 5th Jan, 19th Jan, 2nd Feb,

Vegetarian Sausage Roll with creamed potato, carrots & gravy

Or

Jacket Potato with cheese, beans or tuna

Vanilla cookie or Fresh fruit

Chicken & Bacon pasta bake with mixed vegetables

Or

Homemade Pizza with ham or cheese topping, wedges, sweetcorn or beans

Marble Cake or Fresh fruit

Roast Pork/Quorn Fillet, roast potatoes, peas, carrots & gravy

Or

Pasta Bolognese/Quorn with garlic bread, peas or green beans

Apple crumble & Custard or Fresh fruit

Cottage Pie with green vegetable medley & gravy

Or

Jacket potato with cheese or beans

Chocolate crunch or Fresh fruit

Fish Finger Bap/Salmon Fingers with chips, peas or beans

Or

Winter Vegetable Soup with ham or warm cheese sub

Yogurt or Fresh fruit

WEEK 2 12th Jan, 26th Jan, 9th Feb

Meatball & Tomato Pasta Bake with peas or sweetcorn

Or

Jacket Potato with ham, cheese or beans

Chocolate cookie or Fresh fruit

Chicken & Vegetable Pie with creamed potato & broccoli

Or

Mac 'n' Cheese with bread chunk & peas

Flapjack or Fresh fruit

Roast Gammon/Quorn Fillet with Parmentier potatoes, broccoli & cauliflower & gravy

Or

Chicken Burger Bap/Quorn Fillet Burger with wedges & Sweetcorn

Chocolate sponge pudding & custard or Fresh fruit

Chicken/Quorn Curry with brown rice, naan bread & peas

Or

Jacket potato with tuna, cheese or beans

Apple Muffin or Fresh fruit

Fish Fillet with chips, beans or peas

Or

All Day Breakfast

Fruit Friday or Fruit Ice Smoothie

