

WEEK ONE

LUNCH TIME

Essex County Council

Monday

MEAT FREE
Freshly made Pizza



Tasty Couscous



Salad Bar-choice of at least 6 Salads



Blueberry and Lemon Tray Bake



Fresh Fruit or Yogurt

Tuesday

Crispy Polenta Chicken or Vegetable Burger (v)



Rainbow Pasta with Homemade Tomato Sauce Sweetcorn Broccoli Florets.



Salad Bar- choice of at least 6 Salads



Red Velvet Cake



Fresh Fruit or Yogurt

Wednesday

Roast Pork or Roasted Quorn Fillet (v)



Crispy Roast Potatoes Seasonal Veg



Peach Melba Sponge



Fresh Fruit or Yogurt

Thursday

Homemade Minced Beef Lasagne or Cheese and Broccoli Bake (v)



Garlic Bread Mixed Salad



Salad Bar- choice of at least 6 Salads



Frozen Fruit Smoothie



Fresh Fruit or Yogurt

Friday

Local Butcher's Sausage or Quorn Dippers



Chips Peas Baked Beans



Salad Bar- choice of at least 6 Salads



Apple & Blackberry Crumble & Ice Cream



Fresh Fruit



WEEK TWO

LUNCH TIME

Monday

MEAT FREE

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



Herby Diced Potato
Garden Peas



Salad Bar-choice of at least 6
Salads



Banana and Chocolate Cake



Fresh Fruit
Or
Yogurt

Tuesday

All Day Breakfast
Sausage & Bacon
or
Linda McCartney Sausages,
Scrambled Eggs and Baked
Beans (v)



Hash Brown



Salad Bar- choice of at least 6
Salads



Ice Cream Wafer



Fresh Fruit
Or
Yogurt

Wednesday

ROAST

Chicken Breast with Yorkshire
Pudding
Or
Roasted Veg Yorkshire (v)



Roast Potatoes
Seasonal Vegetables



Apple Shortcake



Fresh Fruit
Or
Yogurt

Thursday

Chilli Con Carne
or
Quorn Balls in Tomato Sauce
with Rice (v)



Salad Bar- choice of at least 6
Salads



Vanilla Shortbread



Fresh Fruit
Or
Yogurt

Friday

Chicken Breast Chunks
or
Vegetable Nuggets (v)



Chips
Baked Beans



Salad Bar choice of at least 6
Salads



Toffee Krispie



Fresh Fruit
Or
Yogurt

