LUNCHTIME CO®

WEEK 1 MENU

WEEKS: 02/11, 23/11, 14/12, 18/01, 8/02, 8/03

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Roasted vegetable arrabiata spaghetti in rich tomato sauce, served with seasonal vegetables & soda bread	Chicken curry, served with vegetable rice and selection of sides	Roast chicken served with potatoes, carrots, broccoli & gravy	Lunchtime BBQ brunch Chicken sausages, hash browns & coleslaw and corn on the cob	Fish fingers or salmon fish fingers served with chips, garden peas or baked beans
MEAT FREE	Mac & cheese with cheesy vegetable sauce, herb crust, homemade soda bread and seasonal vegetables	Mexican style Vegetables & bean tacos, served with vegetable rice and selection of sides	Cauliflower cheese & leek turnover served with potatoes, carrots, broccoli & gravy	Lunchtime BBQ brunch Quorn sausages, hash browns, coleslaw & corn on the cob	Cheese & Tomato Pinwheel served with chips, garden peas or baked beans
PASTA & JACKETS	Jacket potato with choice of toppings served with fresh salad	Pasta with homemade tomato & vegetable sauce served with fresh salad	Pasta with cheddar cheese sauce served with fresh salad	Jacket potato with choice of toppings served with fresh salad	Jacket potato with choice of toppings served with fresh salad
DESSERTS	Choose one of our fabulous desserts: fruity yoghurt & coulis or fresh fruit pot	Choose one of our fabulous desserts: fruity yoghurt & coulis or fresh fruit pot	Choose one of our fabulous desserts: fruity yoghurt & coulis or fresh fruit pot	Choose one of our fabulous desserts: fruity yoghurt & coulis or fresh fruit pot	Choose one of our fabulous desserts: cinnamon shortbread with fruit slice, fruity jelly or fresh fruit pot

Making lunchtime the highlight of your day

LUNCHTIME CO®

WEEK 2 MENU

WEEKS: 09/11, 30/11, 4/01, 25/01, 22/02, 15/03

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Margaritta pizza served with baked rainbow wedges, seasonal vegetables	Marinated jerk chicken thigh served with jollof rice, peas & carrots	Chicken sausage served with potatoes, Yorkshire pudding, carrots, broccoli & gravy	Italian style beef bolognese served with pasta, focaccia & mixed vegetables	Breaded fish fillet served with chips, garden peas or baked beans
MEAT FREE	Rainbow pizza served with baked rainbow wedges, seasonal vegetables	Vegetable & black bean jerk stew, jollof rice served with peas & carrots	Quorn sausage served with potatoes, Yorkshire pudding, carrots, broccoli & gravy	Italian vegetable bolognese in a rich tomato sauce served with pasta, focaccia & mixed vegetables	Vegetable nuggets served with chips, garden peas or baked beans
PASTA & JACKETS	Jacket potato with choice of toppings served with fresh salad	Pasta with homemade tomato and vegetable sauce served with fresh salad	Pasta with cheddar cheese Sauce served with fresh salad	Jacket potato with choice of toppings served with fresh salad	Jacket potato with choice of toppings served with fresh salad
DESSERTS	Choose one of our fabulous desserts: fruity yoghurt & coulis or fresh fruit pot	Choose one of our fabulous desserts: fruity yoghurt & coulis or fresh fruit pot	Choose one of our fabulous desserts: fruity yoghurt & coulis or fresh fruit pot	Choose one of our fabulous desserts: fruity yoghurt & coulis or fresh fruit pot	Choose one of our fabulous desserts: secret garden muffins (chocolate & courgette) fruity jelly or fresh fruit pot

Making lunchtime the highlight of your day

LUNCHTIME CO®

WEEK 3 MENU

WEEKS: 16/11, 7/12, 11/01, 01/02, 01/03, 22/03

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Tex mex vegan Mince & cheese burrito served with mixed vegetables or fresh salad	Chicken Burger with jacket baked wedges, carrot & cucumber sticks	Lemon & herb roast chicken served with potatoes, carrots, broccoli & gravy	Beef lasagne served with homemade garlic bread & mixed vegetables or fresh salad	Fish fingers served with chips, garden peas or baked beans
MEAT FREE	Tomato & vegetable lentil pasta bake served with Whole meal Bread and seasonal vegetables	Veggie Burger served with jacket baked wedges, carrot & cucumber sticks	Leek & Cheese wellington served with potatoes, carrots, broccoli & gravy	Vegetable lasagne served with homemade garlic bread & mixed vegetables or fresh salad	Vegan sausage Roll served with chips, garden peas or baked beans
PASTA & JACKETS	Jacket potato with choice of toppings served with fresh salad	Pasta with homemade tomato and vegetable sauce served with fresh salad	Pasta with cheddar cheese Sauce served with fresh salad	Jacket potato with choice of toppings served with fresh salad	Jacket potato with choice of toppings served with fresh salad
DESSERTS	Choose one of our fabulous desserts: fruity yoghurt & coulis or fresh fruit pot	Choose one of our fabulous desserts: fruity yoghurt & coulis or fresh fruit pot	Choose one of our fabulous desserts: fruity yoghurt & coulis or fresh fruit pot	Choose one of our fabulous desserts: fruity yoghurt & coulis or fresh fruit pot	Choose one of our fabulous desserts Chocolate Orange crunch, fruity jelly or fresh fruit pot

Making lunchtime the highlight of your day