

WEEK 3



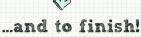
Choose from...

Main

Vegetarian

Combo





Bread and Salad will be available at Lunch Times

MONDAY

Chicken Nuggets

to go with
Peas, Homemade Potato
Wedges

Southern Style Quorn Burger

to go with

Peas, Homemade Potato Wedges

Jacket Potato

with choice of fillings

Baked Beans, Grated Cheese, Salmon
& Tomato, Tuna Mayo, Cheese & Beans

Pasta

to go with
Peas
with choice of fillings
Homemade Tomato & Basil Sauce

Wrap

with choice of fillings Grated Cheese, Tuna Mayo, Ham, Egg Mayo

SandwichBaguette

with choice of fillings Grated Cheese, Tuna Mayo, Ham, Egg Mayo

Cherry Pie

to go with Custard

Fresh Fruit Bar, Yoghurt, Cheese and Biscuits. Jellv

TUESDAY

Minced Beef Pasta Bake

to go with

Green Beans, Roast New Potatoes with Rosemary

Cheese & Onion Quiche

to go with

Green Beans, Roast New Potatoes with Rosemary

Jacket Potato

with choice of fillings

Baked Beans, Grated Cheese, Salmon
& Tomato, Tuna Mayo, Cheese & Beans

Pasta

to go with
Green Beans
with choice of fillings

Wrap

with choice of fillings Grated Cheese, Tuna Mayo, Ham, Egg Mayo

SandwichBaguette

with choice of fillings Grated Cheese, Tuna Mayo, Ham, Egg Mayo

Apple Flapjack

Fresh Fruit Bar, Yoghurt, Cheese and Biscuits, Jelly

WEDNESDAY

Roast Turkey

to go with Cabbage, Carrots, Roast

Cabbage, Carrots, Roas Potatoes, Gravy

Quorn Roast

to go with

Cabbage, Carrots, Roast Potatoes, Gravy

Jacket Potato

with choice of fillings

Baked Beans, Grated Cheese, Salmon
& Tomato, Tuna Mayo, Cheese & Beans

Pasta

to go with

Carrots

with choice of fillings

Wrap

with choice of fillings Grated Cheese, Tuna Mayo, Ham, Egg Mayo

SandwichBaguette

with choice of fillings Grated Cheese, Tuna Mayo, Ham, Egg Mayo

Apple Muffins

Fresh Fruit Bar, Yoghurt, Cheese and Biscuits, Jelly

THURSDAY

Chicken Curry

to go with

Broccoli, Sunshine Rice

Mixed Bean Goulash

to go with

Broccoli, Sunshine Rice

Jacket Potato

with choice of fillings

Baked Beans, Grated Cheese, Salmon
& Tomato, Tuna Mayo, Cheese & Beans

Pasta

to go with

Broccoll

with choice of fillings

Wrap

with choice of fillings Grated Cheese, Tuna Mayo, Ham, Egg Mayo

SandwichBaguette

with choice of fillings Grated Cheese, Tuna Mayo, Ham, Egg Mayo

Lemon Drizzle Cake

Fresh Fruit Bar, Yoghurt, Cheese and Biscuits, Jelly

FRIDAY

Fish Cake

to go with

Baked Beans, Chips, Peas

Quorn Vegan Fishless Fingers

to go with

Baked Beans, Chips, Peas

Jacket Potato

with choice of fillings
Baked Beans, Grated Cheese, Salmon
& Tomato, Tuna Mayo, Cheese & Beans

Pasta

to go with

with choice of fillings

Wrap

with choice of fillings Grated Cheese, Tuna Mayo, Ham, Egg Mayo

SandwichBaguette

with choice of fillings Grated Cheese, Tuna Mayo, Ham, Egg Mayo

Strawberry Iced Smoothie

Fresh Fruit Bar, Yoghurt, Cheese and Biscuits, Jelly

Please speak to a member of the Catering Team or view relishschoolfood.co.uk for Allergen Information