

Week

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# Lunch MENU

School

DAIGLEN SCHOOL



**MONDAY**

## MEAT FREE MONDAY

**Soup**

Mixed bean and vegetable

**Main**

Penne pasta with a tomato and herb sauce

**And to go with**

Garlic bread slices

Parmesan cheese

Broccoli Florets

**Pudding**

Apple crumble with custard



**Tuesday**

**Soup**

Butternut Squash

**Main**

Beef chilli taco Tuesday

**Meat Free**

Mixed bean and cheese quesadillas

**And to go with**

Guacamole

Sour cream

Grated cheese

Steamed rice

**Pudding**

Chocolate and apricot rice krispy cake



**Wednesday**

**Soup**

Lightly spiced parsnip

**Main**

Roast Chicken sage and onion stuffing and gravy on the side

**Meat Free**

Oven baked quorn fillet with sage and onion stuffing and gravy on the side

**And to go with**

Roast baby new potatoes

Carrot batons

**Pudding**

Strawberry and vegetarian orange jelly



**Everyday**

**Freshly made bread**

**Salad bar**

**Fresh fruit salad**

**Yoghurt with toppings**

**Baked jacket potatoes**

**THURSDAY**



**Soup**

Potato and watercress

**Main**

Tandoori chicken with naan bread and mango chutney

**Meat Free**

Lentil and vegetable curry with naan bread and mango chutney

**And to go with**

Fluffy Rice

Roasted cauliflower

**Pudding**

Chocolate and beetroot brownie



**Friday**

**Soup**

Just tomato

**Main**

Hot dog in a bun with onions, mayo or tomato ketchup

**Meat Free**

Quorn hot dog in a bun with onions, mayo or tomato ketchup

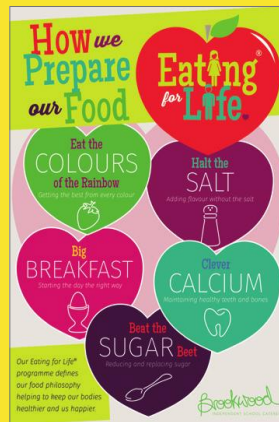
**And to go with**

Oven baked chunky chips

BBQ beans

**Pudding**

Vanilla ice-cream with fruit sauce



## NOTES



Don't forget to check the salad bar everyday to see 'What's New and In Season'.



*We are award winners!*

Week

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# Lunch MENU

School

DAIGLEN SCHOOL



MONDAY

## MEAT FREE MONDAY

Soup

Celery

Main

Macaroni cheese

or

Pasta in a roast pepper and tomato sauce

And to go with

Garlic Bread

Sweetcorn

Pudding

Victoria jam sponge with cream



Tuesday

Soup

French onion

Main

Sweet chilli glazed chicken

Meat free

Sweet and sour quorn and vegetables

And to go with

Coriander rice

Broccoli florets

pudding

Blueberry fairy cakes



Wednesday

Soup

Minestrone

Main

Honey roast gammon with Yorkshire pudding and gravy

Meat Free

Potato, leek and cheddar cheese bake

And to go with

Roast potatoes

Steamed carrots

Pudding

Sultana flapjack



Everyday

Freshly made bread

Salad bar

Fresh fruit salad

Yoghurt with toppings

Baked jacket potatoes

THURSDAY



Soup

Lentil and vegetable

Main

Butchers pork sausages with onion gravy and creamy mash

Meat Free

Quorn sausages with onion gravy and creamy mash

And to go with

Pan fried leeks

Pudding

Banana cake with vanilla frosting



Friday

Soup

Just tomato

Main

Cod goujons with lemon

Meat Free

Cheese and tomato pizza

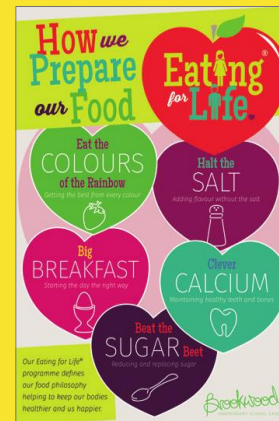
And to go with

Oven baked chunky chips

Peas and Carrots

Pudding

Chocolate dipped shortbread biscuit



NOTES



Remember to eat fruit, vegetables and salad for your 5 a day and drink plenty of water too!!!



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Week

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# Lunch MENU

School

DAIGLEN SCHOOL



MONDAY

## MEAT FREE MONDAY

Soup

Pea & mint

Main

Baked jacket potato bar

And to go with

Quorn bolognaise

Tuna mayonnaise

Baked beans

Grated cheese

Pudding

Lemon and poppy seed cake with custard



Tuesday

Soup

Courgette

Main

Beef shepherds pie topped with a cheddar cheese mash

Meat Free

Vegetable and cheddar quiche

And to go with

Carrot batons

Pudding

Syrup sponge with cream



Wednesday

Soup

White onion

Main

Roast beef with Yorkshire pudding and gravy on the side

Meat Free

Spinach and ricotta lasagne

And to go with

Crispy roast potatoes

Savoy cabbage

Pudding

Iced vanilla sponge cake with sprinkles



Everyday

Freshly made bread

Salad bar

Fresh fruit salad

Yoghurt with toppings

Baked jacket potatoes



THURSDAY

Soup

Carrot & orange

Main

Italian chicken bake (tomatoes, oregano & mozzarella)

Meat Free

Penne pasta with broccoli and olives

And to go with

Penne pasta

Peas and carrots

Pudding

Trio of melon pots with yogurt and homemade granola



Friday

Soup

Just tomato

Main

Breaded cod fish fingers or

Oven baked Pollock with lemon wedges

Meat Free

Tomato and cheese pasta bake

And to go with

Oven baked chunky chips

Baked beans

Pudding

Chocolate sponge with chocolate custard



## NOTES



Always try to eat ALL of your lunch..... Fueling your body will help fuel your mind!!!



We are award winners!