LUNCHTIME CO®

WEEK 1 MENU

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

Welbourne Primary School

HALAL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Roasted vegetable spaghetti bolognese	Turkish chicken & vegetable stew with potatoes	Mexican-style beef with vegetable rice & vegetables	Rosemary & thyme chicken drumsticks with herbed boiled potatoes, vegetables & gravy	Fish fingers served with chips & baked beans
MEAT FREE	Mac & cheese with cheesy vegetable sauce	Turkish vegetable stew with potatoes	Mexican-style vegan beef with vegetable rice & vegetables	Vegetable pie with herbed boiled potatoes, vegetables & gravy	Vegan fish fingers served with chips & 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	Jacket potato with choice of toppings served with fresh salad	Pasta with cheddar cheese Sauce served with fresh salad	Jacket potato with choice of toppings served with fresh salad
DESSERTS	Natural yogurt with healthy toppings Fresh fruit pot Or Cheese and crackers	Natural yogurt with healthy toppings Fruit jelly Or Fresh fruit pot	Natural yogurt with healthy toppings Fresh fruit pot Or Cheese and crackers	Natural yogurt with healthy toppings Fresh fruit pot Or Cheese and crackers	caramel mousse with banana 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

Welbourne Primary School

HALAL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Margherita pizza served with baked rainbow wedges & seasonal vegetables	Coconut chicken curry served with rice	Spaghetti bolognese served with pasta	Jerk chicken served with rice & peas, mixed vegetables & coleslaw	Chicken nuggets served with chips & baked beans
MEAT FREE	Rainbow vegetable pizza served with baked rainbow wedges & seasonal vegetables	Coconut chickpea, lentil & vegetable curry served with rice	Tomato & vegetable pasta	Jerk vegetable pie served with rice & peas, mixed vegetables & coleslaw	Vegan nuggets served with chips & 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	Jacket potato with choice of toppings served with fresh salad	Pasta with cheddar cheese Sauce served with fresh salad	Jacket potato with choice of toppings served with fresh salad
DESSERTS	Natural yogurt with healthy toppings Fresh fruit pot Or Cheese and crackers	Natural yogurt with healthy toppings Fruit jelly Or Fresh fruit pot	Natural yogurt with healthy toppings Fresh fruit pot Or Cheese and crackers	Natural yogurt with healthy toppings Fresh fruit pot Or Cheese and crackers	secret garden muffins (chocolate & courgette) 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

Welbourne Primary School

HALAL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Pasta & lentils in a rich tomato sauce	Chinese beef & vegetable stir-fry served with egg fried rice	Creamy fish & vegetable pie	Spanish-style roast chicken with paprika potatoes, roasted peppers & onions, and vegetables	Chicken hot dog served with fries & salad
MEAT FREE	Cheesy vegetable potato bake or teriyaki vegetable noodles	Quorn beef & vegetable stir-fry served with vegetable fried rice	Cheesy vegetable pie	Chickpea & lentil roast with paprika potatoes, roasted peppers & onions, and vegetables	Vegan hot dog served with fries & salad
PASTA & JACKETS	Jacket potato with choice of toppings served with fresh salad	Pasta with homemade tomato and vegetable sauce served with fresh salad	Jacket potato with choice of toppings served with fresh salad	Pasta with cheddar cheese Sauce served with fresh salad	Jacket potato with choice of toppings served with fresh salad
DESSERTS	Natural yogurt with healthy toppings Fresh fruit pot Or Cheese and crackers	Natural yogurt with healthy toppings Fruit jelly Or Fresh fruit pot	Natural yogurt with healthy toppings Fresh fruit pot Or Cheese and crackers	Natural yogurt with healthy toppings Fresh fruit pot Or Cheese and crackers	Chocolate Orange crunch Or fresh fruit pot

Making lunchtime the highlight of your day