

WEEK ONE

LUNCH TIME



Monday

RED OPTION

Cheese & Tomato Pizza



BLUE OPTION

Pepperoni Pizza



GREEN OPTION

Rainbow Pasta Salad



Salad Bar- choice of at least 6 Salads



Apple Shortcake with Squirty Cream

Tuesday

RED OPTION

Sticky Sausages with Mashed Potatoes, Baked Beans & Garden Peas



BLUE OPTION

Vegetarian Sticky Sausages with Mashed Potatoes, Baked Beans & Garden Peas



GREEN OPTION

Jacket Potato with Beans



Salad Bar - Choice of at least 6

Salads



Fruity Jelly

Wednesday

RED OPTION

Roast Turkey, Yorkshire Puddings, Roast Potatoes, Seasonal Vegetables with Sage and Onion Stuffing and Gravy



BLUE OPTION

Roast Quorn Fillet, Yorkshire Puddings, Roast Potatoes, Seasonal Vegetables with Sage and Onion Stuffing and Gravy



GREEN OPTION

Roast in a Roll



Fresh Fruit Bar

Thursday

RED OPTION

Chinese Chicken Curry with Rice



BLUE OPTION

Vegetable Stir Fry with Noodles



GREEN OPTION

Jacket Potato with Cheese



Salad Bar- Choice of at least 6 Salads



Homemade Chocolate Cake

Friday

RED OPTION

Young's Omega 3 Fishfingers, Chips, Baked Beans and Sweetcorn



BLUE OPTION

Vegetable Nuggets, Chips, Baked Beans and Sweetcorn



GREEN OPTION

Jacket Potato with Beans



Salad Bar- Choice of at Least 6 Salads



100% Fruit Lolly

Also available daily - Fresh Wholemeal Bread; Fresh Fruit; Muller fruit corner; Fresh Milk and Water



WEEK TWO

LUNCH TIME

Essex County Council

Monday

RED OPTION

Pasta with Cheese Sauce and Garlic Bread



BLUE OPTION

Pasta with Tomato Sauce and Garlic Bread



GREEN OPTION

Sub Roll with Ham



Salad Bar- choice of at least 6 Salads



Chocolate Brownie with and Orange Smile

Tuesday

RED OPTION

Local Butchers Beef Burger with Dry Baked Wedges & American Coleslaw



BLUE OPTION

Vegetarian Burger with Dry Baked Wedges & American Coleslaw



GREEN OPTION

Jacket Potato with Beans



Salad Bar - Choice of at least 6 Salads



Vanilla Ice Cream

Wednesday

RED OPTION

Roast Chicken, Yorkshire Puddings, Roast Potatoes, Seasonal Vegetables and Gravy



BLUE OPTION

Roast Quorn Fillet, Yorkshire Puddings, Roast Potatoes, Seasonal Vegetables and Gravy



GREEN OPTION

Roast in a Roll



Fresh Fruit Bar

Thursday

RED OPTION

Homemade Sausage Rolls, Mashed Potatoes, Baked Beans and Corn on the Cob



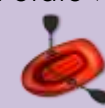
BLUE OPTION

Homemade Vegetarian Sausage Rolls, Mashed Potatoes, Baked Beans and Corn on the Cob



GREEN OPTION

Jacket Potato with Beans



Salad Bar- Choice of at least 6 Salads



Crispy Toffee Bar

Friday

RED OPTION

Young's Omega 3 Fishfingers, Chips, Baked Beans and Sweetcorn



BLUE OPTION

Omelette, Chips, Sweetcorn and Peas



GREEN OPTION

Tomato Pasta Bowl



Salad Bar- Choice of at Least 6 Salads



Fruit Smoothie



Also available daily - Fresh Wholemeal Bread; Fresh Fruit; Muller fruit corner; Fresh Milk and Water



WEEK THREE

LUNCH TIME

Monday

RED OPTION

Spaghetti Bolognese with Garlic Bread



BLUE OPTION

Quorn Bolognese with Garlic Bread



GREEN OPTION

Sub Roll with Cheese



Salad Bar- choice of at least 6 Salads



Summer Fruit Crumble & Custard

Tuesday

RED OPTION

Crispy Chicken with Rainbow Pasta and Tomato Sauce



BLUE OPTION

Quorn Dippers with Rainbow Pasta and Tomato Sauce



GREEN OPTION

Sweetcorn and Red Pepper Salad



Salad Bar- choice of at least 6 Salads



Strawberry or Chocolate Angel Delight

Wednesday

RED OPTION

Roast Turkey, Yorkshire Puddings, Roast Potatoes, Seasonal Vegetables and Gravy



BLUE OPTION

Sweet Potato Rosti, Yorkshire Puddings, Roast Potatoes, Seasonal Vegetables and Gravy



GREEN OPTION

Roast in a Roll



Fresh Fruit Bar

Thursday

RED OPTION

All Day Breakfast



BLUE OPTION

All Day Vegetarian Breakfast



GREEN OPTION

Jacket Potato with Beans



Arctic Roll

Friday

RED OPTION

Young's Omega 3 Fishfingers, Chips, Baked Beans and Sweetcorn



BLUE OPTION

Cheese and Onion Quiche, Chips, Sweetcorn and Peas



GREEN OPTION

Tomato Pasta Bowl



Salad Bar- Choice of at Least 6 Salads



Chunky Flapjack



Also available daily - Fresh Wholemeal Bread; Fresh Fruit; Muller fruit corner; Fresh Milk and Water





SEPTEMBER - OCTOBER MENU

Week 1 Menu Dates

w/c 3rd Sept
w/c 24th Sept
w/c 15th Oct

Week 3 Menu Dates

w/c 17th Sept
w/c 8th Oct

Week 2 Menu Dates

w/c 10th Sept
w/c 1st Oct

Years Reception, 1 & 2 - Free of Charge

Years 3, 4, 5 & 6 - £2.20 per day