

## SAMPLE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEAL</b>				
Cottage Pie with Mixed Vegetables	Chicken Wraps with Rainbow Rice and Salad	Roast Gammon, Roast Potatoes, Yorkshire Pudding, Peas & Gravy	Pizza – choice of Cheese & Tomato or Pepperoni	Fish Finger Sandwich with Chips & Peas
<b>OR</b>				
Jacket Potato with Cheese, Baked Beans or Both	Jacket Potato with Cheese, Baked Beans or Both	Jacket Potato with Cheese, Baked Beans or Both	Jacket Potato with Cheese, Baked Beans or Both	Jacket Potato with Cheese, Baked Beans or Both
<b>VEGETARIAN</b>				
Quorn Cottage Pie with Mixed Vegetables	Quorn Wraps with Rainbow Rice and Salad	Quorn Fillet, Roast Potatoes, Yorkshire Pudding, Peas & Gravy	Cheese & Tomato Pizza	Veggie Fish Sandwich with Chips & Peas
Cheese Roll	Cheese Roll	Cheese Roll	Cheese Roll	Cheese Roll
Ham Roll	Ham Roll	Ham Roll	Ham Roll	Ham Roll
Tuna Roll	Tuna Roll	Tuna Roll	Tuna Roll	Tuna Roll
Egg Roll	Egg Roll	Egg Roll	Egg Roll	Egg Roll
<b>PUDDING</b>				
Jelly Pots or Yoghurt Fresh Fruit	Sponge Cake or Yoghurt Fresh Fruit	Ice Cream Pots or Yoghurt Fresh Fruit	Water Melon Platter or Yoghurt Fresh Fruit	Flapjack or Yoghurt Fruit Platter