

Week one	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Chicken, sage stuffing and gravy bap	Chicken korma	Roast beef, Yorkshire pudding	Meatballs in tomato sauce	Fish fingers
Main vegetarian/vegan meal	Buttermilk quorn, sage stuffing and gravy bap	Vegetarian curry with lentils	Broccoli cheese	Meatless balls in tomato sauce	Quorn fingers
Light bite	Jacket potato with choice of cheese, tuna mayo with green beans	Jacket potato with choice of cheese, tuna mayo or baked beans and peas	Jacket potato with choice of cheese, tuna mayo with mix vegetables	Jacket potato with choice of cheese, tuna mayo with sweetcorn	Jacket potato with choice of cheese, tuna mayo with peas
Salad option	Egg salad	Garlic and herb chicken salad in a wholemeal wrap	Tuna cucumber salad	Ham salad wholemeal wrap	Salmon fish cake with salad
Vegetables	Green beans	Wholegrain rice and peas with naan bread	Roast potatoes, mix vegetables and gravy	Pasta, sweetcorn	Wedges, peas with choice of ketchup or mayonnaise
Dessert	Butterscotch angel delight	Greek yoghurt with mix berries	Orange Jelly	Greek yoghurt with pineapple chunks	Crackers with soft cheese

Please speak to the Catering team if you have any concerns or questions about the contents of our dishes zoe.corry@laconchilideschool.co.uk

Week two	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Sausages	Chicken tikka curry	Pork and sage stuffing	Chicken and peppers tomato pasta sauce	Fish burger
Main vegetarian/vegan meal	Quorn sausages	Lentil and vegetable curry	Quorn fillet	Tomato and basil sauce	Veggie burger
Light bite	Jacket potato with choice of cheese, tuna mayo with green beans	Jacket potato with choice of cheese, tuna mayo or baked beans with peas	Jacket potato with choice of cheese, tuna mayo with mix vegetables	Jacket potato with choice of cheese, tuna mayo with sweetcorn	Jacket potato with choice of cheese, tuna mayo with sweetcorn and peas
Salad option	Herby tomato pasta salad	Chicken mayonnaise lettuce on wholemeal wrap	Ham and cheese salad	Cream cheese, ham and lettuce on wholemeal wrap	Tuna sweetcorn salad
Vegetables	Cheesy mash, green beans	Wholegrain rice and peas with naan bread	Garlic new potatoes, mix vegetables and gravy	Pasta and sweetcorn	Sweetcorn and peas
Dessert	Chocolate angel delight	Greek yoghurt with mix berries	Orange jelly	Greek yoghurt with pineapple chunks	Crackers with soft cheese

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