

**Lunch Menu**

**Week 1**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Meat choice** | **Spaghetti bolognaise****Corn on the cob**  | **Chicken nuggets and chips with peas and carrots**  | **Cheese and tomato pizza** **Potato wedges** **Greek salad** | **Bizeli with chicken and rice (green pea stew)****Greek Salad**  | **Mini fish and chips with baked beans**  |
| **Vegetarian choice** | **Spaghetti with cheese and tomato****Corn on the cob**  | **Vegetable nuggets and chips with Greek salad**  | **Cheese and tomato pizza****Potato wedges****Greek salad** | **Jacket potatoes (cheese/sweet corn/tuna/beans and salad)** | **Mac and cheese**  |
| **Dessert** | **Chocolate cake**  | **Yoghurt, granola and fruit compote** | **Fruit salad** | **Carrot cake with icing** | **Rice crispy cakes** |

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**Week 2**

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Meat choice** | **Chicken curry with rice** **Nan bread** | **Grilled chicken with mashed potato and beans**  | **Pizza and chips with beans**  | **Meat burger with sweet potato wedges, sweetcorn**  | **Mini fish fingers and chips with beans**  |
| **Vegetarian choice** | **Jacket potatoes (cheese/sweet corn/tuna/beans and salad)**  | **Fasolaki and Bulgar wheat (Green beans and potatoes in tomato sauce)**  | **Vegetarian pizza – cheese, tomato and olives** **Greek salad** | **Vegetable burger with sweet potato wedges, sweetcorn**  | **Mac and cheese**  |
| **Dessert** | **Rice crispy cakes** | **Apple and oat cupcakes** | **Fruit salad** | **Jelly (no added sugar)** | **Yoghurt, granola and fruit compote** |

**Week 3**

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Meat choice** | **Chicken wrap with chips and salad**  | **Jacket potato (tuna/sweetcorn/salad/beans/cheese)**  | **Macaronia dou fournou with meat (macaroni in oven)****Potato salad with parsley – no mayonnaise** | **Chicken escalope with mash potato and beans**  | **Mini fish and chips with beans**  |
| **Vegetarian choice** | **Halloumi wrap with chips and salad**  | **Filo pastry parcel with spinach and feta with Greek salad**  | **Vegetarian macaronia dou fournou (Macaroni in oven)****Potato salad with parsley – no mayonnaise** | **Veggie fingers with mash potato and beans** | **Mac and cheese**  |
| **Dessert** | **Banana cake** | **Fruit salad** | **Yoghurt, granola with fruit compote** | **Blueberry muffins** | **Cornflake cakes** |