

**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** |