Lunch Meril

TDBCO.

WEEK ONE - SPRING/SUMMER

Sausage and Mash with Onion Gravy Chilli con Carne with Yucatean Rice Roast Gammon, Gravy and Roasties Paprika Chicken and Sri Lankan Dhal with Steamed Mixed Rice Sustainably Sourced Battered Fish & Chips Or Grilled Sausage & Chips Vegan Sausage and Mashed Potato with Onion Gravy (ve) Chilli 'sin' Carne with Yucatean Rice (ve) Quorn Roast, Gravy and Roasties Roasted Coriander Aubergine & Sri Lankan Dahl w Steamed Mixed Rice (ve) Cheese and Tomato Pizza and Chips I. Bacon Roll 2. Pizza Baguette 1. Peri Peri Chicken Wings & Wedges 2. Pizza Bagel 1. Chicken Nuggets 2. Pizza Bagel 1. Chicken Nuggets 2. Pizza Baguette 1. Chicken Burger 2. Pizza Baguette 1. Chips/ Cheesy Chips 2. Pizza Baguette Broccoli, Baked Beans, Mixed Salad, Rice Fajita-spiced Sweetcorn and Peppers, Baked Beans, Mixed Salad Country Mixed Baked Beans, Mixed Salad Baked Beans, Sri Lankan Veg Salad, Wedges Peas, Baked Beans, Mixed Salad		Monday	Tuesday	Wednesday	Thursday	Friday
Vegan Sausage and Mashed Potato with Onion Gravy (ve)Chilli 'sin' Carne with Yucatean Rice (ve)Quorn Roast, Gravy and RoastiesRoasted Coriander Aubergine & Sri Lankan Dahl w Steamed Mixed Rice (ve)Cheese and Tomato Pizza and ChipsI. Bacon Roll 2. Pizza Baguette1. Peri Peri Chicken Wings & Wedges 2. Pizza Bagel1. Chicken Nuggets 2. Pizza Bagel1. Chicken Nuggets 2. Pizza Bagel1. Chicken Steamed Mixed Potato with Steamed Mixed Rice (ve)1. Chips/ Cheese Chips 2. Pizza BagelVegBroccoli, Baked Salad, RiceFajita-spiced Sweetcorn and Peppers, Baked Beans, MixedCountry Mixed Salad, RiceBaked Beans, Mixed Salad, RicePeas, Baked Beans, Mixed	ST*R DISH	Mash with	with Yucatean	Gammon, Gravy and	Chicken and Sri Lankan Dhal with Steamed	Sourced Battered Fish & Chips Or Grilled Sausage
RAB Baguette2. Pizza BaguetteChicken Wings & Wedges 2. Pizza BagelNuggets 2.Hash Browns 2.Hash BrownsBurger 2. Pizza BaguetteCheesy Chips 2.Pizza SliceBroccoli, Baked Beans, Mixed Salad, RiceFajita-spiced Sweetcorn and Peppers, Baked Beans, MixedCountry Mixed Vegetables, Baked Beans, Mixed SaladBaked Beans, Sri Lankan Veg Salad, WedgesPeas, Baked Beans, Mixed Salad	MEAT	and Mashed Potato with Onion Gravy	Carne with Yucatean Rice	Gravy and	Coriander Aubergine & Sri Lankan Dahl w Steamed Mixed	Tomato Pizza
VEGBeans, Mixed Salad, RiceSweetcorn and Peppers, Baked Beans, MixedVegetables, Baked Beans, Mixed SaladGarden Salad, Sri Lankan Veg Salad, WedgesBaked Beans, Mixed Salad	ĞRAB & GO+	2. Pizza	Chicken Wings & Wedges	Nuggets	Burger 2. Pizza	Cheesy Chips
	VEG	Beans, Mixed	Sweetcorn and Peppers, Baked Beans, Mixed	Vegetables, Baked Beans,	Garden Salad, Sri Lankan Veg	Baked Beans,

	Pizza	Pizza	Pizza	Pizza	Pizza
	Pasta Bar				
	Jacket Potato				
EVERY	(with Cheese				
DAY .	and Beans)				
	Paninis	Paninis	Paninis	Paninis	Paninis







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Lunch Meridi.

TDBCO.

WEEK TWO – SPRING SUMMER

	Monday	Tuesday	Wednesday	Thursday	Friday
ST*R DISH	Classic Pasta Bolognese W Garlic Bread	Mexican Beef Rice Bowl with Crispy, Baked Tortilla, Lettuce and Salsa	Morrocan Chicken Tagine with Fluffy Cous Cous	Korean Sweet &Sour Chicken with Steamed Rice	Sustainably Sourced Battered Fish & Chips Or Oven Baked Chicken Nuggets &Chips
MEAT	Spanish Omelette, Tomato Catalan Sauce and Garlic Bread	Mexican Quorn Rice Bowl with Crispy, Baked Tortilla, Lettuce and Salsa (v)	Moroccan Chickpea and Lemon Tagine with Cous Cous (ve)	Korean Sweet and Sour Vegetables with Steamed Rice (ve)	Cheese and Tomato Pizza & Chips (v)
ĞRAB & GO	1. Bacon Roll 2. Pizza Baguette	 Peri Peri Chicken Wings Wedges Pizza Bagel 	1.Chicken Nuggets 2.Hash Browns	1. Chicken Burger 2. Pizza Baguette	1. Chips/ Cheesy Chips 2.Pizza Slice
VEG	Peas, Roasted Cumin Carrots, Baked Beans	Green Beans, Sweetcorn, Baked Beans,	Baked Beans, Broccoli, Garden Salad ,	Asian Slaw, Garlic Green Beans, Baked Beans,	Peas, Baked Beans, Mixed Salad

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	Pizza	Pizza	Pizza	Pizza	Pizza
	Pasta Bar				
	Jacket Potato				
EVERY	(with Cheese				
DAY	and Beans)				
	Paninis	Paninis	Paninis	Paninis	Paninis

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Lunch Meril



WEEK THREE – SPRING SUMMER

	Monday	Tuesday	Wednesday	Thursday	Friday
ST*R DISH	Jerk Chicken Drumstick, Rice and Peas	Chicken and Veg Enchilada with Warm Nachos	Penne Pasta Bolognese Bake	Spicy Chicken Jalfrezi with Rice	Sustainably Sourced Battered Fish & Chips
MEAT	Cheese and Tomato "Pizza" Mac and Cheese, Crispy Onion topping	Mexican Vegetable Tostada (ve)	Mediterranean Vegetable Lasagne (v)	Roasted Cauliflower, Cickpea and Coconut Curry with Rice (ve)	Cheese and Tomato Pizza and Chips
ĞRAB & CO+	1. Bacon Roll 2. Pizza Baguette	1. Peri Peri Chicken Wings & Wedges 2. Pizza Bagel	1.Chicken Nuggets 2.Hash Browns	1. Chicken Burger 2. Pizza Baguette	1. Chips/ Cheesy Chips 2.Pizza Slice
VEG	Baked Beans, Garden Salad, Garlic Green Beans, Garlic Bread	Baked Beans, Garden Salad, Roasted Sweetcorn, Wedges	Cole Slaw, Garlic Bread, Garden Salad, Baked Beans	Baked Beans, Sauté Garlic Green Beans, Asian Slaw	Peas Baked Beans, Mixed Salad
	Pizza Pasta Bar	Pizza Pasta Bar	Pizza Pasta Bar	Pizza Pasta Bar	Pizza Pasta Bar

Jacket Potato Jacket Potato Jacket Potato Jacket Potato **Jacket Potato** EVERY (with Cheese (with Cheese (with Cheese (with Cheese (with Cheese DAY and Beans) and Beans) and Beans) and Beans) and Beans) Paninis Paninis Paninis Paninis Paninis





