

RED HEN SCHOOL LUNCH MENU 2024 – SEP V1

		WEEK ONE	WEEK TWO	WEEK THREE
MON	Option 1	CHICKEN BREAST TENDERS (3)	CRISPY CHICKEN BREAST STRIPS (2) IN A FLOUR TORTILLA WRAP	CHICKEN BREAST BITES IN A CRISPY COATING (4)
	Option 2	OVEN BAKED VEGETABLE BITES (3)	OVEN BAKED VEGETABLE FINGERS (2) IN A FLOUR TORTILLA WRAP	VEGETARIAN LINCOLNSHIRE SAUSAGE ROLLS (3)
	Option 3	JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER	JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER	JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER
	Option 4	HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH	HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH	HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH
	Sides	POTATO WEDGES, PEAS, GREEN BEANS AND KETCHUP	POTATO WEDGES, SPAGHETTI HOOPS AND BBQ SAUCE	POTATO WEDGES AND SPAGHETTI HOOPS
	Salad	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES
	Dessert	HOMEMADE CARROT CAKE/FRUIT FROMAGE FRAIS/FRESH FRUIT	HOMEMADE APPLE SPONGE SPONGE CAKE/FRUIT FROMAGE FRAIS/FRESH FRUIT	HOMEMADE BANANA CAKE/FRUIT FROMAGE FRAIS/FRESH FRUIT
TUE	Option 1	HOMEMADE MARGHERITA PIZZA ON A WHOLEMEAL BASE	OVEN BAKED PORK SAUSAGES (2) AND GRAVY	ALL DAY BREAKFAST WITH OVEN BAKED PORK SAUSAGES (2)
	Option 2	JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER	OVEN BAKED VEGETARIAN SAUSAGES (2) AND GRAVY	ALL DAY BREAKFAST WITH OVEN BAKED VEGETARIAN SAUSAGES (2)
	Option 3	HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH	JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER	JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER
	Option 4	HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH	HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH	HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH
	Sides	SPAGHETTI STRANDS, PEAS AND SWEETCORN	ROAST POTATOES AND SEASONAL VEGETABLES	HASH BROWNS, BEANS, FRESH TOMATO
	Salad	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES
	Dessert	ORANGE JELLY (SUGAR FREE)/FRUIT FROMAGE FRAIS/FRESH FRUIT	LEMON & LIME JELLY (SUGAR FREE)/FRUIT FROMAGE FRAIS/FRESH FRUIT	BLACKCURRANT JELLY (SUGAR FREE)/FRUIT FROMAGE FRAIS/FRESH FRUIT
WED	Option 1	HOMEMADE MEXICAN STYLE CHICKEN BREAST IN A TOMATO AND MIXED PEPPER SAUCE	PRIME BEEF BURGER IN A FLOURED BAP	HOMEMADE BEEF BOLOGNAISE WITH LEAN STEAK MINCE
	Option 2	HOMEMADE VEGETARIAN MEXICAN STYLE SOYA PIECES IN A TOMATO AND MIXED PEPPER SAUCE	VEGGIE BURGER IN A FLOURED BAP	HOMEMADE VEGETARIAN (SOYA) BOLOGNAISE
	Option 3	JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER	JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER	JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER
	Option 4	HAM. CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH	HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH	HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH
	Sides	RICE, TORTILLAS	POTATO WEDGES, SPAGHETTI HOOPS, TOMATO KETCHUP AND AMERICAN STYLE MUSTARD	PASTA SHELLS AND GARLIC BREAD
	Salad	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES
	Dessert	ICE CREAM/FRUIT FROMAGE FRAIS/FRESH FRUIT	HOMEMADE SICILIAN LEMON CAKE/FRUIT FROMAGE FRAIS/FRESH FRUIT	ICE CREAM/FRUIT FROMAGE FRAIS/FRESH FRUIT

THU	Option 1	HOMEMADE ITALIAN MARINARA TOMATO SAUCE WITH PASTA SHELLS	BEEF MEATBALLS IN A HOMEMADE HERBY TOMATO SAUCE	HOMEMADE MILD CHICKEN CURRY MADE WITH CHICKEN BREAST AND VEGETABLES
	Option 2	JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER	VEGETARIAN MINCE (SOYA) IN A HOMEMADE HERBY TOMATO SAUCE	HOMEMADE VEGETARIAN MILD CURRY MADE WITH CHICKEN STYLE SOYA PIECES AND VEGETABLES
	Option 3	HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH	JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER	JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER
	Option 4	HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH	HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH	HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH
	Sides	PEAS AND SWEETCORN	PASTA TWISTS AND GARLIC BREAD	RICE AND TORTILLAS
	Salad	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES
	Dessert	HOMEMADE VANILLA CAKE/FRUIT FROMAGE FRAIS/FRESH FRUIT	ICE CREAM/FRUIT FROMAGE FRAIS/FRESH FRUIT	HOMEMADE CHOCOLATE CAKE/FRUIT FROMAGE FRAIS/FRESH FRUIT
FRI	Option 1	OVEN BAKED COD FISH FINGER (2) SANDWICH IN A FLOURED BAP	OVEN BAKED SALMON FISH CAKES (2)	OVEN BAKED COD FISH FINGERS (2)
	Option 2	OVEN BAKED FISHLESS FINGERS (2) IN A FLOURED BAP	OVEN BAKED VEGETABLE FINGERS (2)	OVEN BAKED FISHLESS FINGERS (2)
	Option 3	JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER	JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER	JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER
	Option 4	HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH	HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH	HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH
	Sides	CRISPY POTATO CUBES, BAKED BEANS, TOMATO KETCHUP AND TARTARE SAUCE	CRISPY POTATO CUBES, BAKED BEANS AND TOMATO KETCHUP	CRISPY POTATO CUBES, PEAS, CARROTS AND TOMATO KETCHUP
	Salad	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES
	Dessert	RASPBERRY JELLY (SUGAR FREE)/FRUIT FROMAGE FRAIS/FRESH FRUIT	STRAWBERRY JELLY (SUGAR FREE)/FRUIT FROMAGE FRAIS/FRESH FRUIT	ICE CREAM/FRUIT FROMAGE FRAIS/FRESH FRUIT