

RED HEN SCHOOL LUNCH MENU 2023 – Sept 23

		WEEK ONE	WEEK TWO	WEEK THREE
MON	Option 1	HOMEMADE MARGHERITA PIZZA ON WHOLEMEAL BASE	CHICKEN BREAST BITES IN A CRISPY COATING (4)	CHICKEN BREAST GOUJONS IN A CRISPY CRUMB (2)
	Option 2	HOMEMADE ITALIAN MARINARA TOMATO SAUCE WITH PASTA SHELLS	HOMEMADE TOMATO AND VEGETABLE NAPOLITANA PASTA SAUCE WITH PASTA SHELLS	OVEN BAKED VEGETABLE FINGERS (2)
	Option 3	JACKET POTATO WITH BAKED BEANS/CHEESE/TUNA MAYO/BUTTER	JACKET POTATO WITH BAKED BEANS/CHEESE/TUNA MAYO/BUTTER	JACKET POTATO WITH BAKED BEANS/CHEESE/TUNA MAYO/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, KETCHUP	MASH POTATO, PEAS, KETCHUP	MASH POTATO, PEAS, 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	LEMON AND LIME JELLY (SUGAR FREE)/FRUIT FROMAGE FRAIS/FRESH FRUIT	ICE CREAM/FRUIT FROMAGE FRAIS/FRESH FRUIT	BLACKCURRANT JELLY (SUGAR FREE)/FRUIT FROMAGE FRAIS/FRESH FRUIT
TUE	Option 1	HOMEMADE CHILLI CON CARNE MADE WITH LEAN STEAK MINCE	MAC 'N' CHEESE WITH HAM	HOMEMADE MARGHERITA PIZZA ON WHOLEMEAL BASE
	Option 2	HOMEMADE VEGETARIAN CHILLI CON CARNE	VEGETARIAN MAC 'N' CHEESE	HOMEMADE ITALIAN MARINARA TOMATO SAUCE WITH PASTA SHELLS
	Option 3	JACKET POTATO WITH BAKED BEANS/CHEESE/TUNA MAYO/BUTTER	JACKET POTATO WITH BAKED BEANS/CHEESE/TUNA MAYO/BUTTER	JACKET POTATO WITH BAKED BEANS/CHEESE/TUNA MAYO/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, TORTILLA CHIPS	PEAS, SWEETCORN	BEANS, SWEETCORN
	Salad	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES
	Dessert	FAIRY CAKE/FRUIT FROMAGE FRAIS/FRESH FRUIT	HOMEMADE BANANA CAKE/FRUIT FROMAGE FRAIS/FRESH FRUIT	HOMEMADE CHOCOLATE CAKE/FRUIT FROMAGE FRAIS/FRESH FRUIT
WED	Option 1	HOMEMADE HAM, CHEESE AND TOMATO PASTA TWIST BAKE	OVEN BAKED PORK SAUSAGES (2)	OVEN BAKED PORK SAUSAGES (2) IN A RICH GRAVY
	Option 2	HOMEMADE NAPOLITANA TOMATO PASTA SAUCE WITH CHEESE AND PASTA SPIRALS	OVEN BAKED VEGETARIAN SAUSAGES (2)	OVEN BAKED VEGETARIAN SAUSAGES (2) IN A RICH GRAVY
	Option 3	JACKET POTATO WITH BAKED BEANS/CHEESE/TUNO MAYO/BUTTER	JACKET POTATO WITH BAKED BEANS/CHEESE/TUNA MAYO/BUTTER	JACKET POTATO WITH BAKED BEANS/CHEESE/TUNA MAYO/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	SEASONAL VEGETABLES	POTATO WEDGES, BEANS	ROAST POTATOES, SEASONAL VEGETABLES
	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	ICE CREAM/FRUIT FROMAGE FRAIS/FRESH FRUIT	RASPBERRY JELLY (SUAGR FREE)/FRUIT FROMAGE FRAIS/FRESH FRUIT	ICE CREAM/FRUIT FROMAGE FRAIS/FRESH FRUIT

THU	<b>Option 1</b>	HOMEMADE CHICKEN AND VEGETABLE CASSEROLE IN A RICH GRAVY	HOMEMADE BEEF BOLOGNAISE MADE WITH LEAN STEAK MINCE AND PASTA TWISTS	PRIME BEEF BURGER IN A FLOURED BAP
	<b>Option 2</b>	VEGETARIAN CASSEROLE (SOYA AND VEGETABLES) IN A RICH GRAVY	VEGETARIAN BOLOGNAISE AND PASTA TWISTS	VEGGIE BURGER IN A FLOURED BAP
	<b>Option 3</b>	JACKET POTATO WITH BAKED BEANS/CHEESE/TUNA MAYO/BUTTER	JACKET POTATO WITH BAKED BEANS/CHEESE/TUNA MAYO/BUTTER	JACKET POTATO WITH BAKED BEANS/CHEESE/TUNA MAYO/BUTTER
	<b>Option 4</b>	HAM/CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH	HAM/CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH	HAM/CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH
	<b>Sides</b>	ROAST POTATOES, PEAS	CARROTS, PEAS	POTATO WEDGES, SPAGHETTI HOOPS, KETCHUP AND AMERICAN STYLE MUSTARD
	<b>Salad</b>	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES
	<b>Dessert</b>	HOMEMADE APPLE SPONGE CAKE//FRUIT FROMAGE FRAIS/FRESH FRUIT	ICE CREAM/FRUIT FROMAGE FRAIS/FRESH FRUIT	HOMEMADE SICILIAN LEMON CAKE/FRUIT FROMAGE FRAIS/FRESH FRUIT
FRI	<b>Option 1</b>	OVEN BAKED COD FISH FINGER (2) SANDWICH IN A FLOURED BAP	HOMESTYLE WHITE FISH FILLET FISH CAKES (2)	OVEN BAKED COD FISH FINGERS (2)
	<b>Option 2</b>	OVEN BAKED FISHLESS FINGERS (2) IN A FLOURED BAP	OVEN BAKED VEGETABLE FINGERS (2)	OVEN BAKED FISHLESS FINGERS (2)
	<b>Option 3</b>	JACKET POTATO WITH BAKED BEANS/CHEESE/TUNA MAYO/BUTTER	JACKET POTATO WITH BAKED BEANS/CHEESE/TUNA MAYO/BUTTER	JACKET POTATO WITH BAKED BEANS/CHEESE/TUNA MAYO/BUTTER
	<b>Option 4</b>	HAM/CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH	HAM/CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH	HAM/CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH
	<b>Sides</b>	POTATO WEDGES, BEANS, KETCHUP AND TARTARE SAUCE	POTATO WEDGES, SPAGHETTI HOOPS	MASH POTATO, BEANS
	<b>Salad</b>	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES,	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES
	<b>Dessert</b>	ORANGE JELLY (SUGAR FREE)/FRUIT FROMAGE FRAIS/FRESH FRUIT	HOMEMADE CARROT CAKE/FRUIT FROMAGE FRAIS/FRESH FRUIT	STRAWBERRY JELLY (SUGAR FREE)/FRUIT FROMAGE FRAIS/FRESH FRUIT