

LUNCHTIME CO.

Week 1

Commencing • 2nd Sept • 20th September • 11th October

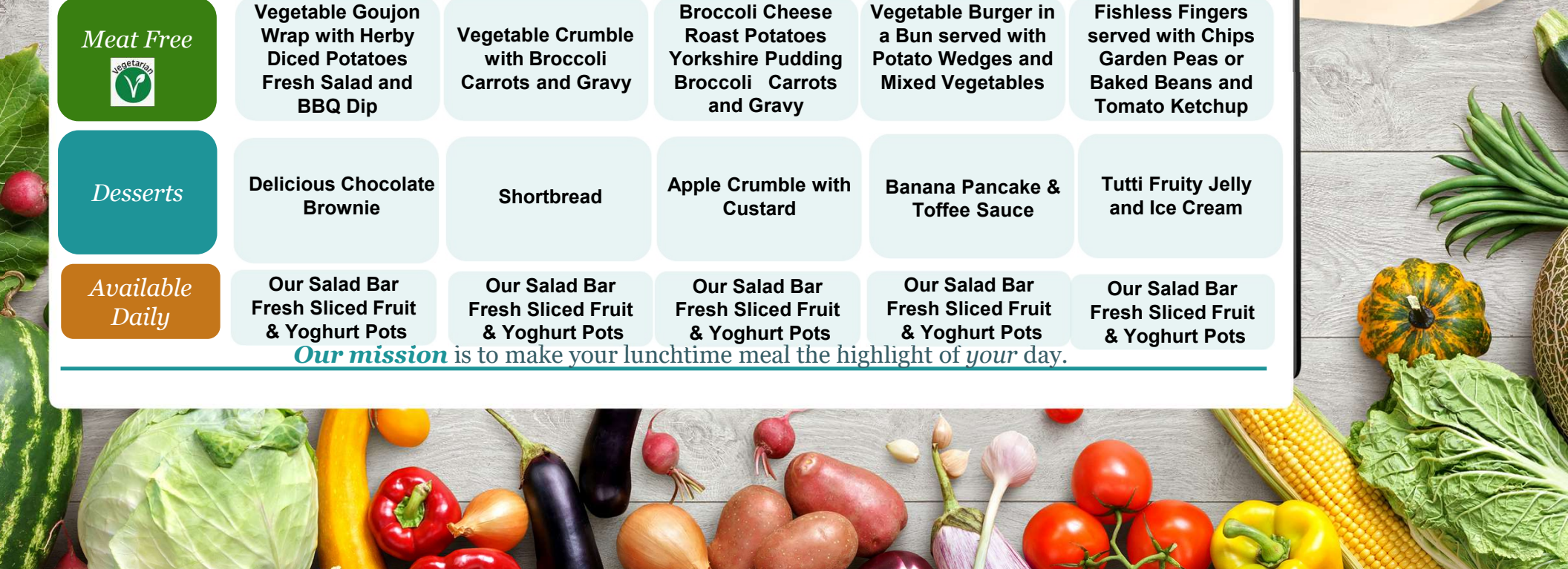


	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Freshly baked bread</i>	Freshly Baked Bread	Freshly Baked Bread	Freshly Baked Bread	Freshly Baked Bread	Freshly Baked Bread
<i>Hot Main Meal</i>	Chicken Goujon Wrap with Herby Diced Potatoes Fresh Salad and BBQ Dip	Sausages and Mashed Potato with Broccoli Carrots and Gravy	Roast Chicken with Roast Potatoes Yorkshire Pudding Broccoli Carrots and Gravy	Beef Burger in a Bun served with Potato Wedges and Mixed Vegetables	Cod or Salmon Fish Fingers served with Chips Garden Peas or Baked Beans and Tomato Ketchup
<i>Meat Free</i> 	Vegetable Goujon Wrap with Herby Diced Potatoes Fresh Salad and BBQ Dip	Vegetable Crumble with Broccoli Carrots and Gravy	Cauliflower and Broccoli Cheese Roast Potatoes Yorkshire Pudding Broccoli Carrots and Gravy	Vegetable Burger in a Bun served with Potato Wedges and Mixed Vegetables	Fishless Fingers served with Chips Garden Peas or Baked Beans and Tomato Ketchup
<i>Desserts</i>	Delicious Chocolate Brownie	Shortbread	Apple Crumble with Custard	Banana Pancake & Toffee Sauce	Tutti Fruity Jelly and Ice Cream
<i>Available Daily</i>	Our Salad Bar Fresh Sliced Fruit & Yoghurt Pots	Our Salad Bar Fresh Sliced Fruit & Yoghurt Pots	Our Salad Bar Fresh Sliced Fruit & Yoghurt Pots	Our Salad Bar Fresh Sliced Fruit & Yoghurt Pots	Our Salad Bar Fresh Sliced Fruit & Yoghurt Pots

Our mission is to make your lunchtime meal the highlight of *your* day.

Menu design and ideas from the pupils of Benwick Primary School.

Allergen Information is available from our kitchen team



LUNCHTIME CO.

Week 2

Commencing • 6th September • 27th September
• 18th October •

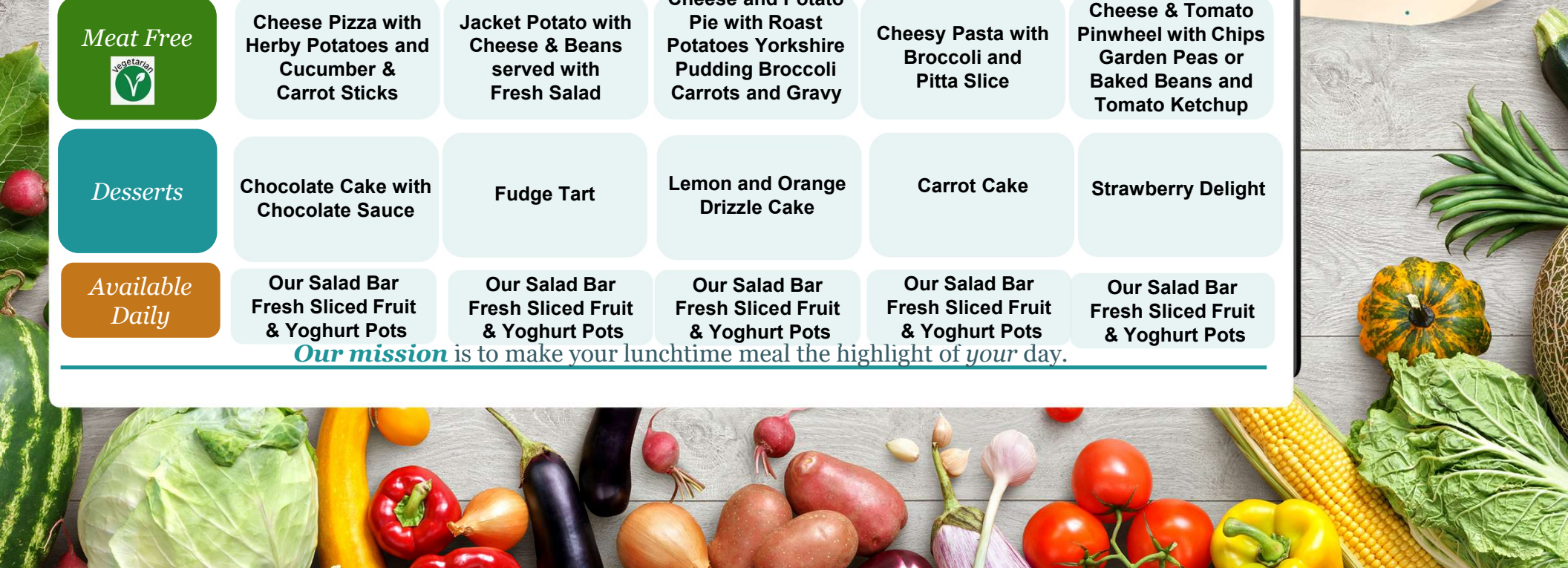


	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Freshly baked bread</i>	Freshly Baked Bread	Freshly Baked Bread	Freshly Baked Bread	Freshly Baked Bread	Freshly Baked Bread
<i>Hot Main Meal</i>	Ham and Tomato Pizza with Herby Potatoes and Cucumber & Carrot Sticks	Pasta Bolognese with Garden Peas and Garlic Bread	Roast Pork with Roast potatoes Yorkshire Pudding Broccoli Carrots and Gravy	Chicken in a Bun with Potato Wedges and Mixed Vegetables	Crispy Battered Fish served with Chips Garden Peas or Baked Beans and Tomato Ketchup
<i>Meat Free</i> 	Cheese Pizza with Herby Potatoes and Cucumber & Carrot Sticks	Jacket Potato with Cheese & Beans served with Fresh Salad	Cheese and Potato Pie with Roast Potatoes Yorkshire Pudding Broccoli Carrots and Gravy	Cheesy Pasta with Broccoli and Pitta Slice	Cheese & Tomato Pinwheel with Chips Garden Peas or Baked Beans and Tomato Ketchup
<i>Desserts</i>	Chocolate Cake with Chocolate Sauce	Fudge Tart	Lemon and Orange Drizzle Cake	Carrot Cake	Strawberry Delight
<i>Available Daily</i>	Our Salad Bar Fresh Sliced Fruit & Yoghurt Pots	Our Salad Bar Fresh Sliced Fruit & Yoghurt Pots	Our Salad Bar Fresh Sliced Fruit & Yoghurt Pots	Our Salad Bar Fresh Sliced Fruit & Yoghurt Pots	Our Salad Bar Fresh Sliced Fruit & Yoghurt Pots

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LUNCHTIME CO.

Week 3

Commencing • 13th September • 4th October



	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Freshly baked bread</i>	Freshly Baked Bread	Freshly Baked Bread	Freshly Baked Bread	Freshly Baked Bread	Freshly Baked Bread
<i>Hot Main Meal</i>	Macaroni Cheese with Mixed Vegetables and Garlic Bread	<u>Benwick Brunch</u> Sausage Hash Brown Scrambled Egg and Baked Beans	Chicken and Vegetable Pie with Roast Potatoes Yorkshire Pudding Broccoli Carrots and Gravy	Beef Hot Pot with Batton Carrots Cauliflower and Gravy	Fish Fingers served with Chips Garden Peas or Baked Beans and Tomato Ketchup
<i>Meat Free</i> 	Vegetable Spring Roll with Rice	<u>Benwick Brunch</u> Quorn Sausage Hash Brown Scrambled Egg and Baked Beans	Vegetable Pie with Roast Potatoes Yorkshire Pudding Broccoli Carrots and Gravy	Jacket Potato With Cheese & Beans served with Fresh Salad or Mixed Vegetables	Cheese & Onion Pasty served with Chips Garden Peas or Baked Beans and Tomato Ketchup
<i>Desserts</i>	Strawberry Jam Tart with Custard	Bakewell Tart	Chocolate Crunch with Chocolate Sauce	Banana and Custard	Strawberry Meringue and Cream
<i>Available Daily</i>	Our Salad Bar Fresh Sliced Fruit & Yoghurt Pots	Our Salad Bar Fresh Sliced Fruit & Yoghurt Pots	Our Salad Bar Fresh Sliced Fruit & Yoghurt Pots	Our Salad Bar Fresh Sliced Fruit & Yoghurt Pots	Our Salad Bar Fresh Sliced Fruit & Yoghurt Pots

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