



The Easy Lunch Company
September - December 2014
Week 1 Menu



This menu is for week commencing:

Wednesday 3 September, 22 September, 13 October, 10 November, 1 December.

NOTE: SPECIAL MENU ON Thursday 4 September– SAUSAGES, PASTA, PEAS AND SWEETCORN, TOFFEE YOGHURT

Dish	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Penne with chicken, tomato and basil sauce	Sausage and bean pie	Roast turkey and gravy served with roast potatoes	Beef enchiladas	Salmon Fishcakes and new potatoes
Vegetarian option	Vegetable fried rice	Cheesy pasta twists	Quorn balls with homemade tomato sauce	Roasted vegetable pasta	Cheese and tomato pizzas
Lunch box option	Chicken roll with breadsticks and soft cheese	Homemade pesto pasta salad	Cheese straws with vegetable sticks	Ham salad wrap	Homemade sausage roll, peach pots
Vegetables or salad	Grated carrot and cucumber salad	Mixed vegetables	Vegetable medley	Shredded lettuce and cherry tomatoes	Peas and sweet corn
Pudding	Homemade cookie	Wobbly fruit jelly	Fruit flapjack	Apple crumble and custard	Sultana sponge

Week 2 Menu

This menu is for week commencing:

Monday 8th September, 29 September, 20 October, 17 November, 8 December.

	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Sausages with pasta and tomato sauce	Cottage Pie	Roast pork and gravy served with roast potatoes,	Turkey bolognese pasta	BBQ Burger with oven baked potatoes
Vegetarian option	Cauliflower and broccoli cheese	Cheesy tomato pasta	Quorn burger in a bun	Macaroni cheese	Jacket potatoes with cheese
Lunch box option	Tuna mayonnaise roll, savoury crackers	Chicken roll with breadsticks and cream cheese	Cheese and tomato puffs, peach pots	Ham roll with vegetable sticks	Homemade chicken balls with ketchup and a roll
Vegetables or salad	Mixed salad	Mixed vegetables	Mixed seasonal vegetables	Mixed salad	Baked beans
Pudding	Peaches and custard	Homemade hobnobs	Fruit jelly	Chocolate crispy bar	Apple with plain yoghurt

Week 3 Menu

This menu is for week commencing:

Monday 15 September, 6 October, 3 November, 24 November, 15 December.

	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Beef mince pasta bolognese	Sausages, gravy, new potatoes	Roast gammon, and gravy served with roast potatoes	Chicken casserole with rice	Fish cakes and sauté potatoes
Vegetarian option	Vegetarian cottage pie	Homemade pesto pasta	Vegetable stir fry noodles	Quorn spaghetti bolognese	Cheese and tomato pinwheels
Lunch box option	Ham roll and crackers	Tuna pasta salad	Cheese roll with breadsticks	Ham and cheese muffin pizzas	Cheese and tomato pasties
Vegetables or salad	Mixed salad	Carrots and broccoli	Vegetable selection	Raw veg sticks	Baked beans
Pudding	Mandarins and chocolate sauce	Yoghurt with digestive biscuit	Lemon drizzle cake	Strawberry jelly with fruit salad	Chocolate brownies

Bread, salad, milk, yoghurt and fruit will be available daily. Please note this menu is subject to availability.

PLEASE NOTE THE LUNCH BOX OPTION IS ONLY AVAILABLE TO ORDER FOR CHILDREN IN KEYSTAGE 2