LUNCHTIME CO®

WEEK 1 MENU

WEEKS: 02/11, 23/11, 14/12, 18/01, 8/02, 8/03

Old Ford Primary
A Paradigm Academy

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Lunchtime BBQ brunch Chicken sausages, hash browns & coleslaw and corn on the cob	Mexican style beef & bean tacos, served with vegetable rice and selection of sides	Roast chicken served with potatoes, carrots, broccoli & gravy	Chicken arribada spaghetti in rich tomato sauce, served with seasonal vegetables & garlic bread	Fish fingers or salmon fish fingers served with chips, garden peas or baked beans
MEAT FREE	Lunchtime BBQ brunch Quorn sausages, hash browns & coleslaw and corn on the cob	Cheese & tomato pinwheels served with vegetable rice & seasonal vegetables	Cauliflower cheese & leek turnover served with potatoes, carrots, broccoli & gravy	Mac & cheese with cheesy vegetable sauce, herb crust, homemade garlic bread and seasonal vegetables	Vegan sausage roll served with chips, garden peas or baked beans
PASTA & JACKETS	Jacket potato with choice of toppings served with fresh salad	Pasta with homemade tomato and vegetable sauce served with fresh salad	Jacket potato with choice of toppings served with fresh salad	Pasta with cheddar cheese Sauce served with fresh salad	Jacket potato with choice of toppings served with fresh salad
DESSERTS	Ice cream Monday fruity jelly fresh fruit pot	apple crumble with warm vanilla custard natural yogurt & coulis fresh fruit pot	oat flapjack fruity jelly fresh fruit pot	chocolate & cherry gateau natural yogurt & coulis fresh fruit pot	Biscuits yogurt Or Fresh fruit pot

Making lunchtime the highlight of your day

LUNCHTIME CO®

WEEK 2 MENU

WEEKS: 09/11, 30/11, 4/01, 25/01, 22/02, 15/03

Old Ford Primary
A Paradigm Academy

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	BBQ chicken & sweetcorn pizza served with baked rainbow wedges, seasonal vegetables	Marinated jerk chicken thigh served with jollof rice, peas & carrots	Roast turkey served with potatoes, Yorkshire pudding, carrots, broccoli & gravy	Italian style bolognese served with pasta, focaccia & mixed vegetables	Breaded fish fillet served with chips, garden peas or baked beans
MEAT FREE	Rainbow pizza served with baked rainbow wedges, seasonal vegetables	Vegetable & black bean jerk stew, jollof rice served with peas & carrots	Quorn sausage served with potatoes, Yorkshire pudding, carrots, broccoli & gravy	Italian vegetable bolognese in a rich tomato sauce served with pasta, focaccia & mixed vegetables	Vegetable nuggets served with chips, garden peas or baked beans
PASTA & JACKETS	Jacket potato with choice of toppings served with fresh salad	Pasta with homemade tomato and vegetable sauce served with fresh salad	Jacket potato with choice of toppings served with fresh salad	Pasta with cheddar cheese Sauce served with fresh salad	Jacket potato with choice of toppings served with fresh salad
DESSERTS	Ice cream Mondays fruity jelly fresh fruit pot	orange syrup & semolina sponge natural yogurt & coulis fresh fruit pot	oat & apricot cookie fruity jelly fresh fruit pot	Bannan cake natural yogurt & coulis fresh fruit pot	secret garden muffins (chocolate & courgette) fruity jelly fresh fruit pot

Making lunchtime the highlight of your day

LUNCHTIME CO®

WEEK 3 MENU

WEEKS: 16/11, 7/12, 11/01, 01/02, 01/03, 22/03

Old Ford Primary
A Paradigm Academy

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Chicken carbonara with fusilli, served with Wholemeal Bread and seasonal vegetables	Chicken teriyaki wraps served with jacket baked wedges, carrot & cucumber sticks	Lemon & herb roast chicken served with potatoes, carrots, broccoli & gravy	Beef lasagna served with homemade garlic bread & mixed vegetables or fresh salad	Fish fingers served with chips, garden peas or baked beans
MEAT FREE	Tomato & vegetable lentil pasta bake served with Wholemeal Bread and seasonal vegetables	Teriyaki vegan meatball wraps served with jacket baked wedges, carrot & cucumber sticks	Leek wellington served with potatoes, carrots, broccoli & gravy	Tex mex vegan mince & cheese burrito served with mixed vegetables or fresh salad	Fishless fish fingers served with chips, garden peas or baked beans
PASTA & JACKETS	Jacket potato with choice of toppings served with fresh salad	Pasta with homemade tomato and vegetable sauce served with fresh salad	Jacket potato with choice of toppings served with fresh salad	Pasta with cheddar cheese Sauce served with fresh salad	Jacket potato with choice of toppings served with fresh salad
DESSERTS	Ice cream Mondays fruity jelly fresh fruit pot	syrup sponge with warm vanilla custard natural yogurt & coulis fresh fruit pot	oat & raisin frosted flapjack fruity jelly fresh fruit pot	Ice lollies natural yogurt & coulis fresh fruit pot	Chocolate Orange sponge fruity jelly fresh fruit pot

Making lunchtime the highlight of your day