LUNCHTIME CO®

WEEK 1 MENU

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Roasted Vegetable arrabiata spaghetti in rich tomato sauce, served with seasonal vegetables & soda bread	Mexican style beef & bean tacos, served with vegetable rice and selection of sides	Lunchtime BBQ brunch Chicken sausages, hash browns & coleslaw and corn on the cob	Roast chicken served with potatoes, carrots, broccoli & gravy	Fish fingers or salmon fish fingers served with chips, garden peas or baked beans
MEAT FREE	Mac & cheese with cheesy vegetable sauce, herb crust, homemade soda bread and seasonal vegetables	Cheese & tomato pinwheels served with vegetable rice & seasonal vegetables	Lunchtime BBQ brunch Quorn sausages, hash browns & coleslaw and corn on the cob	Lentil & Dhal turnover served with potatoes, carrots, broccoli & gravy	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
LUNCHTIME LUNCHBOX	Cheese sandwich served with fresh salad from the salad bar	Chicken mayo baguette served with fresh salad from the salad bar	Tuna Mayo Sandwich served with fresh salad from the salad bar	Egg Mayo sandwich served with fresh salad from the salad bar	Cheese baguette served with fresh salad from the salad bar
DESSERTS	Natural yogurt & coulis or fresh fruit pot	Fruity jelly or fresh fruit pot	Cheese & Biscuits or fresh fruit pot	Natural yogurt & coulis or fresh fruit pot	vanilla ice-cream & Jelly & fruit sauce 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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Margaritta pizza served with baked rainbow wedges, seasonal vegetables	Marinated jerk chicken thigh served with jollof rice, peas & carrots	Italian style bolognese served with pasta, focaccia & mixed vegetables	Chicken sausage served with Mash potatoes, carrots, broccoli & gravy	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	Italian vegetable bolognese in a rich tomato sauce served with pasta, focaccia & mixed vegetables	Quorn sausage served with Mash potatoes, carrots, broccoli & gravy	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
LUNCHTIME LUNCHBOX	Cheese sandwich served with fresh salad from the salad bar	Chicken mayo baguette served with fresh salad from the salad bar	Tuna Mayo Sandwich served with fresh salad from the salad bar	Egg Mayo sandwich served with fresh salad from the salad bar	Cheese baguette served with fresh salad from the salad bar
DESSERTS	Natural yogurt & coulis or fresh fruit pot	Fruity jelly or fresh fruit pot	Cheese & Biscuits or fresh fruit pot	Natural yogurt & coulis or fresh fruit pot	Chocolate cookie or 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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Tex mex vegan Mince & cheese burrito served with mixed vegetables or fresh salad	Chicken teriyaki sub served with jacket baked wedges, carrot & cucumber sticks	Beef lasagna served with homemade garlic bread & mixed vegetables or fresh salad	Lemon & herb roast chicken served with potatoes, Yorkshire Pudding carrots, broccoli & gravy	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 sub served with jacket baked wedges, carrot & cucumber sticks	Vegetable lasagna served with homemade garlic bread & mixed vegetables or fresh salad	Vegetable Parcel served with potatoes, Yorkshire Pudding carrots, broccoli & gravy	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
LUNCHTIME LUNCHBOX	Cheese sandwich served with fresh salad from the salad bar	Chicken mayo baguette served with fresh salad from the salad bar	Tuna Mayo Sandwich served with fresh salad from the salad bar	Egg Mayo sandwich served with fresh salad from the salad bar	Cheese baguette served with fresh salad from the salad bar
DESSERTS	Natural yogurt & coulis or fresh fruit pot	Fruity jelly or fresh fruit pot	Cheese & Biscuits or fresh fruit pot	Natural yogurt & coulis or fresh fruit pot	Marble Cake or fresh fruit pot

Making lunchtime the highlight of your day