

# RED HEN SCHOOL LUNCH MENU 2020

| WEEK ONE |          |                                                                  | WEEK TWO                                                         |  |  | WEEK THREE                                                       |  |  |
|----------|----------|------------------------------------------------------------------|------------------------------------------------------------------|--|--|------------------------------------------------------------------|--|--|
| MON      | Option 1 | HOMEMADE MARGHERITA PIZZA                                        | CHILDRENS CHICKEN BURGER IN A BUN                                |  |  | BREADED CHICKEN GOUJONS                                          |  |  |
|          | Option 2 | PENNE PASTA IN HOMEMADE TOMATO SAUCE                             | VEGGIE BURGER IN A BUN                                           |  |  | TOMATO AND VEGETABLE PASTA                                       |  |  |
|          | 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                                 | HAM/CHEESE OR TUNA MAYO SANDWICH                                 |  |  | HAM/CHEESE OR TUNA MAYO SANDWICH                                 |  |  |
|          | Sides    | POTATO WEDGES, PEAS, KETCHUP                                     | POTATO WEDGES, BAKED BEANS                                       |  |  | POTATO WEDGES, PEAS, KETCHUP                                     |  |  |
|          | Salad    | CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES | CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES                  |  |  | CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES |  |  |
|          | Dessert  | FRUIT FLAVOUR JELLY/FRUIT YOGHURT/FRESH FRUIT                    | FRUIT YOGHURT/FRUIT FLAVOURED JELLY/FRESH FRUIT                  |  |  | FRUIT FLAVOURED JELLY/FRUIT YOGHURT/FRESH FRUIT                  |  |  |
| TUE      | Option 1 | OVEN BAKED PORK SAUSAGES (2) WITH GRAVY                          | OVEN BAKED FISH FINGERS                                          |  |  | BEEF BOLOGNESE AND PASTA                                         |  |  |
|          | Option 2 | VEGETARIAN SAUSAGES (2) WITH VEGGIE GRAVY                        | OVEN BAKED VEGGIE FINGERS                                        |  |  | MARGHERITA PIZZA WITH BAKED BEANS                                |  |  |
|          | 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                                 | HAM/CHEESE OR TUNA MAYO SANDWICH                                 |  |  | HAM/CHEESE OR TUNA MAYO SANDWICH                                 |  |  |
|          | Sides    | ROAST POTATOES, MIXED VEG                                        | MASH POTATO, CARROTS                                             |  |  | SWEETCORN                                                        |  |  |
|          | 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  | FRUIT YOGHURT/FRUIT FLAVOURED JELLY/FRESH FRUIT                  | BANANA CAKE/FRUIT YOGHURT/FRESH FRUIT                            |  |  | CHOCOLATE CAKE/FRUIT YOGHURT/FRESH FRUIT                         |  |  |
| WED      | Option 1 | CHILDRENS FISH CAKE                                              | MILD CHICKEN CURRY                                               |  |  | OVEN BAKED PORK SAUSAGES (2) AND GRAVY                           |  |  |
|          | Option 2 | VEGETARIAN FINGERS (2)                                           | SOYA MINCE CHILLI CON CARNE                                      |  |  | VEGETARIAN SAUSAGES (2) AND VEGGIE GRAVY                         |  |  |
|          | 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                                 | HAM/CHEESE OR TUNA MAYO SANDWICH                                 |  |  | HAM/CHEESE OR TUNA MAYO SANDWICH                                 |  |  |
|          | Sides    | MASH POTATO, SPAGHETTI HOOPS                                     | RICE                                                             |  |  | ROAST POTATOES, CARROTS                                          |  |  |
|          | 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  | LEMON CAKE/FRUIT YOGHURT/FRESH FRUIT                             | ICE CREAM AND WAFER/FRUIT YOGHURT/FRESH FRUIT                    |  |  | FRUIT YOGHURT/FRUIT FLAVOURED JELLY/FRESH FRUIT                  |  |  |
| THU      | Option 1 | ROAST CHICKEN AND GRAVY                                          | HAM, CHEESE AND TOMATO PASTA BAKE                                |  |  | ROAST GAMMON AND GRAVY                                           |  |  |
|          | Option 2 | CHICKEN STYLE SOYA PIECES AND VEGGIE GRAVY                       | VEGETABLE FINGERS WITH MASH POTATO                               |  |  | CHICKEN STYLE SOYA PIECES AND VEGGIE GRAVY                       |  |  |
|          | 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                                 | HAM/CHEESE OR TUNA MAYO SANDWICH                                 |  |  | HAM/CHEESE OR TUNA MAYO SANDWICH                                 |  |  |
|          | Sides    | ROAST POTATOES, CARROTS, PEAS                                    | CARROTS, PEAS                                                    |  |  | MASH POTATOES, PEAS                                              |  |  |
|          | 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  | APPLE & BERRY COMPOTE, CUSTARD/FRUIT YOGHURT/FRESH FRUIT         | FRUIT SALAD IN JELLY/FRUIT YOGHURT/FRESH FRUIT                   |  |  | VANILLA ICE CREAM/FRUIT YOGHURT/FRESH FRUIT                      |  |  |
| FRI      | Option 1 | SAUSAGE AND TOMATO PASTA BAKE                                    | OVEN BAKED SAUSAGE IN A HOTDOG ROLL                              |  |  | PRIME BEEF BURGER IN A BUN                                       |  |  |
|          | Option 2 | BROCOLLI AND CAULIFLOWER CHEESE PASTA BAKE                       | VEGETARIAN SAUSAGE IN A HOTDOG ROLL                              |  |  | VEGGIE BURGER IN A BUN                                           |  |  |
|          | 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                                 | HAM/CHEESE OR TUNA MAYO SANDWICH                                 |  |  | HAM/CHEESE OR TUNA MAYO SANDWICH                                 |  |  |
|          | Sides    | PEAS, SWEETCORN                                                  | MASH POTATO, SPAGHETTI HOOPS                                     |  |  | POTATO WEDGES, SPAGHETTI HOOPS                                   |  |  |
|          | Salad    | CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES | CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES                  |  |  | CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES                  |  |  |
|          | Dessert  | CHOCOLATE DRIZZLE FLAPJACK/FRUIT YOGHURT/FRESH FRUIT             | HOMEMADE COCOA SHORTBREAD/FRUIT YOGHURT/FRESH FRUIT              |  |  | CARROT CAKE/FRUIT YOGHURT/FRESH FRUIT                            |  |  |