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| RED HEN SCHOOL LUNCH MENU 2025 – SEP V1 | | | | |
|  |  | **WEEK ONE** | **WEEK TWO** | **WEEK THREE** |
| **MON** | **Option 1** | CRISPY CHICKEN BREAST STRIPS (2) IN A FLOUR TORTILLA WRAP | CHICKEN BREAST TENDERS (3) | OVEN BAKED COD FISH FINGERS (2) |
| **Option 2** | OVEN BAKED VEGETABLE FINGERS (2) IN A FLOUR TORTILLA WRAP | OVEN BAKED VEGETABLE BITES (3) | OVEN BAKED FISHLESS FINGERS (2) |
| **Option 3** | JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER | JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER | JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER |
| **Option 4** | HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH | HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH | HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH |
| **Sides** | POTATO WEDGES, SPAGHETTI HOOPS AND BBQ SAUCE | POTATO WEDGES, PEAS, CARROTS AND TOMATO KETCHUP | POTATO WEDGES AND SPAGHETTI HOOPS |
| **Salad** | CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES | CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES | CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES |
| **Dessert** | HOMEMADE CHOCOLATE CAKE/FRUIT FROMAGE FRAIS/FRESH FRUIT | HOMEMADE MIXED BERRY SPONGE CAKE/FRUIT FROMAGE FRAIS/FRESH FRUIT | HOMEMADE BANOFFEE SPONGE CAKE/FRUIT FROMAGE FRAIS/FRESH FRUIT |
| **TUE** | **Option 1** | HOMEMADE BBQ CHEESE AND TOMATO PIZZA ON A WHOLEMEAL BASE | ALL DAY BREAKFAST WITH OVEN BAKED PORK SAUSAGES (2) | ROAST CHICKEN |
| **Option 2** | JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER | ALL DAY BREAKFAST WITH OVEN BAKED VEGETARIAN SAUSAGES (2) | QUORN ROAST |
| **Option 3** |  | JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER | JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER |
| **Option 4** | HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH | HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH | HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH |
| **Sides** | SPAGHETTI HOOPS, PEAS AND SWEETCORN | HASH BROWNS, BEANS AND FRESH TOMATO | ROAST POTATOES, MIXED VEGETABLES AND GRAVY |
| **Salad** | CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES | CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES | CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES |
| **Dessert** | ORANGE JELLY (SUGAR FREE)/FRUIT FROMAGE FRAIS/FRESH FRUIT | LEMON & LIME JELLY (SUGAR FREE)/FRUIT FROMAGE FRAIS/FRESH FRUIT | BLACKCURRANT JELLY (SUGAR FREE)/FRUIT FROMAGE FRAIS/FRESH FRUIT |
| **WED** | **Option 1** | OVEN BAKED PORK SAUSAGES (2) | HOMEMADE MILD CHICKEN CURRY MADE WITH CHICKEN BREAST AND VEGETABLES | JUMBO PORK SAUSAGE (1) HOT DOG |
| **Option 2** | OVEN BAKED VEGETARIAN SAUSAGES (2) | HOMEMADE MILD VEGETARIAN CURRY MADE WITH CHICKEN STYLE SOYA PIECES AND VEGETABLES | VEGETARIAN SAUSAGE (2) HOT DOG |
| **Option 3** | JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER | JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER | JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER |
| **Option 4** | HAM. CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH | HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH | HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH |
| **Sides** | MASHED POTATOES, PEAS AND GRAVY | RICE AND TORTILLAS | POTATO WEDGES, SWEETCORN AND TOMATO KETCHUP |
| **Salad** | CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES | CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES | CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES |
| **Dessert** | STRAWBERRY ICE CREAM/FRUIT FROMAGE FRAIS/FRESH FRUIT | VANILLA ICE CREAM/FRUIT FROMAGE FRAIS/FRESH FRUIT | CHOCOLATE ICE CREAM/FRUIT FROMAGE FRAIS/FRESH FRUIT |
| **THU** | **Option 1** | HOMEMADE ITALIAN MARINARA TOMATO SAUCE WITH CHICKEN BREAST AND PASTA TWISTS | PRIME BEEF BURGER IN A FLOURED BAP | HOMEMADE MILD BEEF CHILLI CON CARNE WITH STEAK MINCE |
| **Option 2** | HOMEMADE ITALIAN MARINARA TOMATO SAUCE WITH PASTA TWISTS | VEGGIE BURGER IN A FLOURED BAP | HOMEMADE MILD VEGETARIAN (SOYA) CHILLI |
| **Option 3** | JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER | JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER | JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER |
| **Option 4** | HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH | HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH | HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH |
| **Sides** | PEAS AND SWEETCORN | POTATO WEDGES, BEANS AND TOMATO KETCHUP | RICE, TORTILLAS |
| **Salad** | CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES | CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES | CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES |
| **Dessert** | HOMEMADE TOFFEE APPLE SPONGE CAKE/FRUIT FROMAGE FRAIS/FRESH FRUIT | HOMEMADE CARAMEL SPONGE CAKE/FRUIT FROMAGE FRAIS/FRESH FRUIT | HOMEMADE SICILIAN LEMON SPONGE CAKE/FRUIT FROMAGE FRAIS/FRESH FRUIT |
| **FRI** | **Option 1** | OVEN BAKED COD FISH FINGER (2) SANDWICH IN A FLOURED BAP | OVEN BAKED FISH STARS (2) | CHICKEN BREAST BITES IN A CRSIPY COATING (4) |
| **Option 2** | OVEN BAKED FISHLESS FINGERS (2) IN A FLOURED BAP | OVEN BAKED VEGETABLE FINGERS (2) | VEGETARIAN LINCOLNSHIRE SAUSAGE ROLLS (3) |
| **Option 3** | JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER | JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER | JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER |
| **Option 4** | HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH | HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH | HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH |
| **Sides** | CRISPY POTATO CUBES, BAKED BEANS AND TOMATO KETCHUP | CRISPY POTATO CUBES, PEAS, SWEETCORN AND TOMATO KETCHUP | CRISPY POTATO CUBES, MIXED VEGETABLES AND TOMATO KETCHUP |
| **Salad** | CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES | CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES | CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES |
| **Dessert** | RASPBERRY JELLY (SUGAR FREE)/FRUIT FROMAGE FRAIS/FRESH FRUIT | STRAWBERRY JELLY (SUGAR FREE)/FRUIT FROMAGE FRAIS/FRESH FRUIT | VANILLA ICE CREAM/FRUIT FROMAGE FRAIS/FRESH FRUIT |