

IRE D HEN SCHOOL LUNCH MENU 2025 – Jan V1

		WEEK ONE	WEEK TWO	WEEK THREE
MON	Option 1	CHICKEN BREAST TENDERS (3)	CRISPY CHICKEN BREAST STRIPS (2) IN A FLOUR TORTILLA WRAP	CHICKEN BREAST BITES IN A CRISPY COATING (4)
	Option 2	OVEN BAKED VEGETABLE BITES (3)	OVEN BAKED VEGETABLE FINGERS (2) IN A FLOUR TORTILLA WRAP	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	POTATO WEDGES, PEAS, GREEN BEANS AND KETCHUP	POTATO WEDGES, SPAGHETTI HOOPS AND BBQ SAUCE	POTATO WEDGES AND SPAGHETTI HOOPS
	Salad	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES
	Dessert	HOMEMADE CARROT CAKE/FRUIT FROMAGE FRAIS/FRESH FRUIT	HOMEMADE APPLE SPONGE SPONGE CAKE/FRUIT FROMAGE FRAIS/FRESH FRUIT	HOMEMADE BANANA CAKE/FRUIT FROMAGE FRAIS/FRESH FRUIT
TUE	Option 1	HOMEMADE MARGHERITA PIZZA ON A WHOLEMEAL BASE	OVEN BAKED PORK SAUSAGES (2) AND GRAVY	ALL DAY BREAKFAST WITH OVEN BAKED PORK SAUSAGES (2)
	Option 2	JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER	OVEN BAKED VEGETARIAN SAUSAGES (2) AND GRAVY	ALL DAY BREAKFAST WITH OVEN BAKED VEGETARIAN SAUSAGES (2)
	Option 3	HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH	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	ROAST POTATOES AND SEASONAL VEGETABLES	HASH BROWNS, BEANS, FRESH TOMATO
	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	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	HOMEMADE CHICKEN AND VEGETABLE CASSEROLE IN A RICH GRAVY	PRIME BEEF BURGER IN A FLOURED BAP	HOMEMADE MILD BEEF CHILLI CON CARNE WITH STEAK MINCE
	Option 2	HOMEMADE VEGETARIAN CHICKEN STYLE SOYA AND VEGETABLE CASSEROLE IN A RICH GRAVY	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	ROAST POTATOES	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	ICE CREAM/FRUIT FROMAGE FRAIS/FRESH FRUIT	HOMEMADE SICILIAN LEMON CAKE/FRUIT FROMAGE FRAIS/FRESH FRUIT	ICE CREAM/FRUIT FROMAGE FRAIS/FRESH FRUIT

THU	Option 1	HOMEMADE ITALIAN MARINARA TOMATO SAUCE WITH PASTA SHELLS	HOMEMADE CHICKEN AND TOMATO PASTA SAUCE MADE WITH CHICKEN BREAST AND ITALIAN HERBS	OVEN BAKED COD FISH FINGERS (2)
	Option 2	JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER	HOMEMADE VEGETARIAN CHICKEN STYLE SOYA AND TOMATO PASTA SAUCE	OVEN BAKED FISHLESS FINGERS (2)
	Option 3	HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH	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
	Sides	PEAS AND SWEETCORN	PASTA TWISTS AND GARLIC BREAD	CRISPY POTATO CUBES, SEASONAL VEGETABLES AND TOMATO KETCHUP
	Salad	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES
	Dessert	HOMEMADE VANILLA CAKE/FRUIT FROMAGE FRAIS/FRESH FRUIT	ICE CREAM/FRUIT FROMAGE FRAIS/FRESH FRUIT	HOMEMADE CHOCOLATE CAKE/FRUIT FROMAGE FRAIS/FRESH FRUIT
FRI	Option 1	OVEN BAKED COD FISH FINGER (2) SANDWICH IN A FLOURED BAP	OVEN BAKED SALMON FISH CAKES (2)	HOMEMADE MILD CHICKEN CURRY MADE WITH CHICKEN BREAST AND VEGETABLES
	Option 2	OVEN BAKED FISHLESS FINGERS (2) IN A FLOURED BAP	OVEN BAKED VEGETABLE FINGERS (2)	HOMEMADE VEGETARIAN MILD CURRY MADE WITH CHICKEN STYLE SOYA PIECES AND VEGETABLES
	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	RICE, TORTILLAS
	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	ICE CREAM/FRUIT FROMAGE FRAIS/FRESH FRUIT