

RED HEN SCHOOL LUNCH MENU SEP 2024 – SERVERS MENU V1

WEEK ONE

WEEK TWO

WEEK THREE

MON	Option 1	CHICKEN TENDERS (3), WEDGES, PEAS, GREEN BEANS, KETCHUP	CHICKEN STRIPS (2), FLOUR TORTILLA WRAP, WEDGES, HOOPS, BBQ SAUCE	CHICKEN BITES (4), WEDGES, HOOPS
	Option 2	VEGETABLE BITES (3), WEDGES, PEAS, GREEN BEANS, KETCHUP	VEGETABLE FINGERS (2), FLOUR TORTILLA WRAP, WEDGES, HOOPS, BBQ SAUCE	VEGETARIAN SAUSAGE ROLLS (3), WEDGES, HOOPS
	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
	Salad	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES
	Dessert	CARROT CAKE/FROMAGE FRAIS/FRESH FRUIT	APPLE SPONGE CAKE/FROMAGE FRAIS/FRESH FRUIT	BANANA CAKE/FROMAGE FRAIS/FRESH FRUIT
TUE	Option 1	MARGHERITA PIZZA, SPAGHETTI STRANDS, PEAS AND SWEETCORN	PORK SAUSAGES (2), ROAST POTATOES, SEASONAL VEG, GRAVY	PORK SAUSAGES (2), HASH BROWNS (2), BEANS, HALF FRESH TOMATO
	Option 2		VEGETARIAN SAUSAGES (2), ROAST POTATOES, SEASONAL VEG, GRAVY	VEGETARIAN SAUSAGES (2), HASH BROWNS (2), BEANS, HALF FRESH TOMATO
	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
	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/FROMAGE FRAIS/FRESH FRUIT	LEMON & LIME JELLY/FROMAGE FRAIS/FRESH FRUIT	BLACKCURRANT JELLY/FROMAGE FRAIS/FRESH FRUIT
WED	Option 1	MEXICAN CHICKEN, RICE TORTILLAS	PRIME BEEF BURGER, BAP, WEDGES, SPAGHETTI HOOPS, KETCHUP, AMERICAN STYLE MUSTARD	BEEF BOLOGNAISE, PASTA SHELLS, GARLIC BREAD SLICES (2)
	Option 2	VEGETARIAN MEXICAN SOYA, RICE, TORTILLAS	VEGETARIAN SAUSAGES (2), ROAST POTATOES, SEASONAL VEG, GRAVY	VEGETARIAN (SOYA) BOLOGNAISE, PASTA SHELLS, GARLIC BREAD (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
	Salad	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES
	Dessert	ICE CREAM/FROMAGE FRAIS/FRESH FRUIT	SICILIAN LEMON CAKE/FROMAGE FRAIS/FRESH FRUIT	ICE CREAM/FROMAGE FRAIS/FRESH FRUIT
THU	Option 1	TOMATO PASTA SAUCE, PASTA SHELLS, PEAS, SWEETCORN	BEEF MEATBALLS IN TOMATO SAUCE, PASTA TWISTS, GARLIC BREAD SLICES (2)	CHICKEN CURRY, RICE, TORTILLAS
	Option 2		VEGETARIAN SOYA IN TOMATO SAUCE, PASTA TWISTS, GARLIC BREAD SLICES (2)	VEGETARIAN CURRY WITH CHICKEN STYLE SOYA PIECES, RICE, TORTILLAS
	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
	Salad	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES
	Dessert	VANILLA CAKE/FRESH FRUIT/FROMAGE FRAIS	ICE CREAM/FROMAGE FRAIS/FRESH FRUIT	CHOCOLATE CAKE/FROMAGE FRAIS/FRESH FRUIT
FRI	Option 1	FISH FINGERS (2), BAP, POTATO CUBES, BEANS, KETCHUP, TARTARE SAUCE	FISH CAKES (2), POTATO CUBES, BEANS AND KETCHUP	FISH FINGERS (2), POTATO CUBES, PEAS, CARROTS AND KETCHUP
	Option 2	FISHLESS FINGERS (2), BAP, POTATO CUBES, BEANS, KETCHUP, TARTARE SAUCE	VEGETARIAN FINGERS (2), POTATO CUBES, BEANS AND KETCHUP	FISHLESS FINGERS (2), POTATO CUBES, PEAS, CARROTS AND KETCHUP
	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
	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/FROMAGE FRAIS/FRESH FRUIT	STRAWBERRY JELLY/FROMAGE FRAIS/FRESH FRUIT	ICE CREAM/FROMAGE FRAIS/FRESH FRUIT