

## RED HEN SCHOOL LUNCH MENU 2024 – DEC STG/SYT/RUSH

		WEEK ONE	WEEK TWO	WEEK THREE
<b>MON</b>	<b>Option 1</b>	CHICKEN BREAST TENDERS (3)	CRISPY CHICKEN BREAST STRIPS (2) IN A FLOUR TORTILLA WRAP	HOMEMADE MILD CHICKEN CURRY MADE WITH CHICKEN BREAST AND VEGETABLES
	<b>Option 2</b>	OVEN BAKED VEGETABLE BITES (3)	OVEN BAKED VEGETABLE FINGERS (2) IN A FLOUR TORTILLA WRAP	HOMEMADE VEGETARIAN MILD CURRY MADE WITH CHICKEN STYLE SOYA PIECES AND VEGETABLES
	<b>Option 3</b>	JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER	JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER	JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER
	<b>Option 4</b>	HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH	HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH	HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH
	<b>Sides</b>	POTATO WEDGES, PEAS, GREEN BEANS AND KETCHUP	POTATO WEDGES, SPAGHETTI HOOPS AND BBQ SAUCE	RICE AND TORTILLAS
	<b>Salad</b>	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES
	<b>Dessert</b>	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
<b>TUE</b>	<b>Option 1</b>	HOMEMADE MARGHERITA PIZZA ON A WHOLEMEAL BASE	OVEN BAKED SALMON FISHCAKES (2)	OVEN BAKED COD FISH FINGERS(2)
	<b>Option 2</b>	JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER	OVEN BAKED VEGETABLE FINGERS (2)	OVEN BAKED FISHLESS FINGERS (2)
	<b>Option 3</b>	HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH	JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER	JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER
	<b>Option 4</b>	HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH	HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH	HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH
	<b>Sides</b>	SPAGHETTI HOOPS, PEAS AND SWEETCORN	CRISPY POTATO CUBES, PEAS, SWEETCORN AND TOMATO KETCHUP	CRISPY POTATO CUBES, MIXED VEGETABLES AND TOMATO KETCHUP
	<b>Salad</b>	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES
	<b>Dessert</b>	ICE CREAM/FRUIT FROMAGE FRAIS/FRESH FRUIT	STRAWBERRY JELLY (SUGAR FREE)/FRUIT FROMAGE FRAIS/FRESH FRUIT	LEMON AND LIME JELLY (SUGAR FREE)/FRUIT FROMAGE FRAIS/FRESH FRUIT
<b>WED</b>	<b>Option 1</b>	CHRISTMAS ROAST DINNER WITH PIG IN A BLANKET	BEEF MEATBALLS IN A HOMEMADE HERBY TOMATO SAUCE	OVEN BAKED PORK SAUSAGES (2)
	<b>Option 2</b>	VEGETARIAN CHRISTMAS ROAST DINNER WITH STUFFING BALL	VEGETARIAN MINCE (SOYA) IN A HOMEMADE HERBY TOMATO SAUCE	OVEN BAKED VEGETARIAN SAUSAGES (2)
	<b>Option 3</b>	JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER	JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER	JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER
	<b>Option 4</b>	HAM. CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH	HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH	HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH
	<b>Sides</b>	ROAST POTATOES, SEASONAL VEGETABLES, GRAVY	PASTA TWISTS AND GARLIC BREAD	ROAST POTATOES, SEASONAL VEGETABLES, GRAVY
	<b>Salad</b>	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES

	<b>Dessert</b>	HOMEMADE CHOCOLATE ORANGE CAKE/FRUIT FROMAGE FRAIS/FRESH FRUIT	ICE CREAM/FRUIT FROMAGE FRAIS/FRESH FRUIT	ICE CREAM/FRUIT FROMAGE FRAIS/FRESH FRUIT
<b>THU</b>	<b>Option 1</b>	HOMEMADE ITALIAN MARINARA TOMATO SAUCE WITH PASTA SHELLS JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH PEAS AND SWEETCORN CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES ICE CREAM/FRUIT FROMAGE FRAIS/FRESH FRUIT	PRIME BEEF BURGER IN FLOURED BAP VEGGIE BURGER IN A FLOURED BAP JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH POTATO WEDGES, SPAGHETTI HOOPS, TOMATO KETCHUP AND AMERICAN STYLE MUSTARD CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES HOMEMADE SICILIAN LEMON CAKE/FRUIT FROMAGE FRAIS/FRESH FRUIT	CHICKEN BREAST BITES IN A CRISPY COATING (4) VEGETARIAN LINCOLNSHIRE STYLE SAUSAGE ROLLS (3) JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH POTATO WEDGES AND SPAGHETTI HOOPS CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES BLACKCURRANT JELLY (SUGAR FREE)/FRUIT FROMAGE FRAIS/FRESH FRUIT
	<b>Option 2</b>			
	<b>Option 3</b>			
	<b>Option 4</b>			
	<b>Sides</b>			
	<b>Salad</b>			
	<b>Dessert</b>			
<b>FRI</b>	<b>Option 1</b>	OVEN BAKED COD FISH FINGER (2) SANDWICH IN A FLOURED BAP OVEN BAKED FISHLESS FINGERS (2) IN A FLOURED BAP JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH CRISPY POTATO CUBES, BAKED BEANS, TOMATO KETCHUP AND TARTARE SAUCE CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES HOMEMADE VANILLA CAKE/FRUIT FROMAGE FRAIS/FRESH FRUIT	OVEN BAKED PORK SAUSAGES (2) OVEN BAKED PORK SAUSAGES (2) JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH ROAST POTATOES, SEASONAL VEGETABLES AND GRAVY CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES ICE CREAM/FRUIT FROMAGE FRAIS/FRESH FRUIT	HOMEMADE BEEF BOLOGNAISE WITH LEAN STEAK MINCE HOMEMADE VEGETARIAN (SOYA) BOLOGNAISE JACKET POTATO WITH BAKED BEANS/CHEESE/BUTTER HAM, CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH PASTA SHELLS AND GARLIC BREAD CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES HOMEMADE CHOCOLATE CAKE/FRUIT FROMAGE FRAIS/FRESH FRUIT
	<b>Option 2</b>			
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