

The Woodland Hatch Term 1 Summer Lunch Menu

		WEEK ONE: 3/9, 21/9, 12/10	WEEK TWO: 7/9, 28/9, 19/10	WEEK THREE: 14/9, 5/10
MEAT FREE MONDAY	MAIN MEALS... JKT... SIDES... DESSERT...	Tomato or marmite whirl Cheesy pasta Jacket with cheese and beans Vegetables, salad and coleslaw Yoghurt or fresh fruit	Vegetable frittata Garlic & honey Quorn noodles Jkt with cheese and beans Tomato pasta, vegetables and mixed salad Yoghurt or fresh fruit	Tomato and cannellini bean gnocchi Quorn Cumberland sausage and mash Jkt with cheese and beans Vegetables, salad and coleslaw Yoghurt or fresh fruit
TUESDAY	MAIN MEALS... VEGETARIAN... COLD LUNCH... SIDES... DESSERT...	Chicken Curry Lentil and vegetable curry Ham, cheese or tuna roll Brown rice, vegetables and salad Yoghurt or fresh fruit	Beef burger in a bun Quorn burger in a bun Ham, cheese or tuna roll Potato wedges, mixed salad and coleslaw Yoghurt or fresh fruit	Beef nachos Quorn nachos Ham, cheese or tuna roll Mexican rice, mixed salad and coleslaw Yoghurt or fresh fruit
WEDNESDAY	MAIN MEALS... VEGETARIAN... COLD LUNCH... SIDES... DESSERT...	Beef bolognaise Quorn mince bolognaise Ham, cheese, egg or tuna roll Pasta, vegetables and salad Yogurt or fresh fruit	BBQ chicken Plant based vegetable jambalaya Ham, cheese, egg or tuna roll Vegetable rice, mixed salad or coleslaw Yogurt or fresh fruit	Honey roasted gammon and pineapple Honey roast Quorn fillet Ham, cheese, egg or tuna roll Roast vegetables and potatoes Yogurt or fresh fruit
THURSDAY	MAIN MEALS... VEGETARIAN... COLD LUNCH... SIDES... DESSERT...	Chicken chow mein Chickpea and vegetable loaf Ham, cheese or tuna roll Potatoes, vegetables and salad Yoghurt or fresh fruit	Fish fingers Quorn nuggets Ham, cheese or tuna roll Mash potato, beans, salad and vegetables Yoghurt or fresh fruit	Mediterranean style fish bake Mediterranean vegetable bake Ham, cheese or tuna roll Cous cous, vegetables and salad Yoghurt or fresh fruit
FRIDAY	MAIN MEALS... VEGETARIAN... JKT... SIDES... DESSERT...	Battered cod Fajita vegetable wrap Jacket with cheese and beans Chips, beans or peas Yoghurt or fresh fruit	Chicken bites or salmon fishcake Egg and grated cheese Jacket with cheese and beans Chips, beans or peas Yoghurt or fresh fruit	Pork sausage Quorn nuggets Jacket with cheese and beans Chips, beans or peas Yoghurt or fresh fruit

Salad cart, bread and milk available throughout the week

Look out for extra dessert options: fruit muffins, marble cake, banana cake, ice lollies, ice cream and fruit jelly.