LUNCHTIME Co®

WEEK 3 MENU

WEEKS: 17/11, 08/12, 12/01, 02/02, 02/03, 23/03

HOT MARKET

• SANDWICH •

High Wych CE PRIMARY SCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Meat Wholemeal Pizza served with Baked Baby Potatoes, Peas & Sweetcorn	Warm Chicken Baguette served with Selection of Sauces Potatoes Wedges & Crunchy Veg Sticks	Beef Bolognese served with Spaghetti, Wholemeal Garlic & Herb bread, Seasonal Vegetables	Roast Chicken served with Roasted Potatoes, Carrots, Cabbage, Yorkshire Pudding and Gravy	Chicken Burger served with Chips, Garden Peas or Baked Beans & Ketchup
MEAT FREE	Margherita Wholemeal Pizza served with Baked Baby Potatoes, Peas & Sweetcorn	Crispy Vegetable Bite Baguette served with Selection of Sauces Potatoes Wedges & Crunchy Veg Sticks	Plant Based Bolognese served with Spaghetti, Wholemeal Garlic & Herb bread, Seasonal Vegetables	Roasted Quorn Fillet served with Roasted Potatoes, Carrots, Cabbage, Yorkshire Pudding and Gravy	Vegetable Burger served with Chips, Garden Peas or Baked Beans & Ketchup
PASTA & JACKETS	Jacket Potato with Choice of Toppings served with Fresh Salad	Pasta Twists with Homemade Tomato and Vegetable Sauce served with Fresh Salad and Chunky Bread	Jacket Potato with Choice of Toppings served with Fresh Salad	Pasta Twists with Cheddar Cheese Sauce with Fresh Salad and Chunky Bread	Jacket Potato with Choice of Toppings served with Fresh Salad
LUNCHTIME LUNCHBOX	Choice of Ham, Cheese or Tuna Mayo Sandwich Cheese Straws Duo of Salad Sticks	Choice of Ham, Cheese or Tuna Mayo Sandwich Tortilla Chips Duo of Salad Sticks	Choice of Ham, Cheese or Tuna Mayo Sandwich Cream Crackers Duo of Salad Sticks	Choice of Ham, Cheese or Tuna Mayo Sandwich Cheese Straws Duo of Salad Sticks	Choice of Ham, Cheese or Tuna Mayo Sandwich Tortilla Chips Duo of Salad Sticks
DESSERTS	Choose One of Our Fabulous Desserts Sprinkle Cookie Fruity Jelly Fresh Fruit Pot	Choose One of Our Fabulous Desserts Syrup Sponge Fruit Yoghurt & Coulis Fresh Fruit Pot	Choose One of Our Fabulous Desserts Chocolate Mousse with Orange Wedge Fruity Jelly Fresh Fruit Pot	Choose One of Our Fabulous Desserts Carrot Cake Fruit Yoghurt & Coulis Fresh Fruit Pot	Choose One of Our Fabulous Desserts Victoria Sponge Fruity Jelly Fresh Fruit Pot

Making lunchtime the highlight of your day

LUNCHTIME Co®

WEEK 2 MENU

WEEKS: 10/11, 01/12, 05/01, 26/01, 23/02, 16/03

HOT MARKET · SANDWICH ·

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Parmigiano Chicken Melt served with Baked Wedges, Peas & Sweetcorn	Greek Style Chicken Shawarma in a Pitta Bread served with warm Cous Cous Salad & Crunchy Veg Sticks	Fish Fingers served with Creamy Mash Potato & Spaghetti Hoops	Roast Gammon served with Roast Potatoes, Carrots, Broccoli, Yorkshire Pudding and Gravy	Chicken Nuggets served with Chips, Garden Peas or Baked Beans & Ketchup
MEAT FREE	Traditional Macaroni Cheese served with Wholemeal Garlic & Herb bread, Seasonal Vegetables	Margherita Pizza served with warm Cous Cous Salad & Crunchy Veg Sticks	Fishless Fish Fingers served with Creamy Mash Potato & Spaghetti Hoops	Roasted Quorn Fillet served with Roast Potatoes, Carrots, Broccoli, Yorkshire Pudding and Gravy	Vegetable Nuggets served with Chips, Garden Peas or Baked Beans & Ketchup
PASTA & JACKETS	Jacket Potato with Choice of Toppings served with Fresh Salad	Pasta Twists with Homemade Tomato and Vegetable Sauce served with Fresh Salad and Chunky Bread	Jacket Potato with Choice of Toppings served with Fresh Salad	Pasta Twists with Cheddar Cheese Sauce with Fresh Salad and Chunky Bread	Jacket Potato with Choice of Toppings served with Fresh Salad
LUNCHTIME LUNCHBOX	Choice of Ham, Cheese or Tuna Mayo Sandwich Cheese Straws Duo of Salad Sticks	Choice of Ham, Cheese or Tuna Mayo Sandwich Tortilla Chips Duo of Salad Sticks	Choice of Ham, Cheese or Tuna Mayo Sandwich Cream Crackers Duo of Salad Sticks	Choice of Ham, Cheese or Tuna Mayo Sandwich Cheese Straws Duo of Salad Sticks	Choice of Ham, Cheese or Tuna Mayo Sandwich Tortilla Chips Duo of Salad Sticks
DESSERTS	Choose One of Our Fabulous Desserts Strawberry Mousse with Mixed Berry Compote Fruity Jelly Fresh Fruit Pot	Choose One of Our Fabulous Desserts Jam Roly Poly Fruit Yoghurt & Coulis Fresh Fruit Pot	Choose One of Our Fabulous Desserts Sticky Pineapple Cake Fruity Jelly Fresh Fruit Pot	Choose One of Our Fabulous Desserts Lemon Tart Fruit Yoghurt & Coulis Fresh Fruit Pot	Choose One of Our Fabulous Desserts Chocolate Brownie Fruity Jelly Fresh Fruit Pot

Making lunchtime the highlight of your day

LUNCHTIME Co®

WEEK 1 MENU

WEEKS: 03/11, 24/11, 15/12, 19/01, 09/02, 09/03

High Wych CE PRIMARY SCHOOL

	MONDAY	HOT MARKET SANDWICH TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Paprika Marinated Chicken served with Savoury Vegetable Rice	Pork Sausage in a Crusty Bun served with Jacket Wedges, Crispy Salad Sticks & a Selection of Sauces	Crispy Topped Shepherds Pie served with Seasonal Vegetables	Roast Chicken served with Potatoes, Yorkshire Pudding, Carrots, Cauliflower and Gravy	Fish Fingers or Salmon Fish Fingers served with Chips, Garden Peas or Baked Beans & Ketchup
MEAT FREE	Cheese & Tomato Swirl served with Savoury Vegetable Rice	Quorn Sausage in a Crusty Bun served with Jacket Wedges, Crispy Salad Sticks & a Selection of Sauces	Crispy Topped Shepherdless Pie served with Seasonal Vegetables	Cheese & Potato Pie served with Yorkshire Pudding, Carrots, Cauliflower and Gravy	Vegetable Nuggets served with Chips, Garden Peas or Baked Beans & Ketchup
PASTA & JACKETS	Jacket Potato with Choice of Toppings served with Fresh Salad	Pasta Twists with Homemade Tomato and Vegetable Sauce served with Fresh Salad and Chunky Bread	Jacket Potato with Choice of Toppings served with Fresh Salad	Pasta Twists with Cheddar Cheese Sauce with Fresh Salad and Chunky Bread	Jacket Potato with Choice of Toppings served with Fresh Salad
LUNCHTIME LUNCHBOX	Choice of Ham, Cheese or Tuna Mayo Sandwich Cheese Straws Duo of Salad Sticks	Choice of Ham, Cheese or Tuna Mayo Sandwich Tortilla Chips Duo of Salad Sticks	Choice of Ham, Cheese or Tuna Mayo Sandwich Cream Crackers Duo of Salad Sticks	Choice of Ham, Cheese or Tuna Mayo Sandwich Cheese Straws Duo of Salad Sticks	Choice of Ham, Cheese or Tuna Mayo Sandwich Tortilla Chips Duo of Salad Sticks
DESSERTS	Choose One of Our Fabulous Desserts Apple & Winter Berry Crumble Fruity Jelly Fresh Fruit Pot	Choose One of Our Fabulous Desserts Jam & Coconut Sponge Fruit Yoghurt & Coulis Fresh Fruit Pot	Choose One of Our Fabulous Desserts Oat & Raisin Cookie Fruity Jelly Fresh Fruit Pot	Choose One of Our Fabulous Desserts Caramel Mousse with Bananas Fruit Yoghurt & Coulis Fresh Fruit Pot	Choose One of Our Fabulous Desserts Vanilla Ice-cream & Fruit Sauce Fruity Jelly Fresh Fruit Pot

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