



LUNCH MENU

WEEK 2

29 JUNE - 3 JULY

Wide selection of seasonal fresh fruit and vegetables offered daily along with water and milk.

MEAT FREE MONDAY

MAIN CHOICE
Baked potato and
tuna

OR
SANDWICH/ROLL
Egg

VEGETARIAN
Baked potato and
beans and/or cheese
Cheesy pasta

VEGETABLES & SIDES
Mixed vegetables

PUDDING
Fresh fruit
Cheese and biscuits

TUESDAY

MAIN CHOICE
Spaghetti bolognese
OR
SANDWICH/ROLL
Tuna

VEGETARIAN
Pesto pasta

VEGETABLES & SIDES
Garlic bread
Broccoli

PUDDING
Fresh fruit
Jelly

CANADA DAY!

WEDNESDAY

MAIN CHOICE
Hotdogs

VEGETARIAN
Veggie hotdogs

VEGETABLES & SIDES
Corn on the cob
Potato wedges

PUDDING
Fresh fruit
Yoghurt
Butter tarts

THURSDAY

MAIN CHOICE
Handmade pepperoni
pizza
Sausage rolls

VEGETARIAN
Margherita pizza
Veggie sausage rolls

VEGETABLES & SIDES
Corn

PUDDING
Fresh fruit

FRIDAY

MAIN CHOICE
Breaded fish fingers
with tartar sauce

VEGETARIAN
Macaroni cheese

VEGETABLES & SIDES
Chips, peas

PUDDING
Fresh fruit
Chocolate chip
cookies



LUNCH MENU

WEEK 3

6 - 10 JULY

Wide selection of seasonal fresh fruit and vegetables offered daily along with water and milk.

MONDAY

MAIN CHOICE

Mexican Day

OR

SANDWICH/ROLL

Cheese quesadilla

VEGETARIAN

Vegetarian chilli

Vegetarian fajitas

Veggie tacos

VEGETABLES & SIDES

Rice, sweetcorn,
nachos, guacamole

PUDDING

Fresh fruit

Cheese and biscuits

TUESDAY

MAIN CHOICE

Carbonara

OR

SANDWICH/ROLL

Tuna

VEGETARIAN

Macaroni cheese

VEGETABLES & SIDES

Garlic bread

PUDDING

Fresh fruit

Yoghurt

WEDNESDAY

MAIN CHOICE

Cold sliced gammon

Cold chicken

OR

SANDWICH/ROLL

Cheese

VEGETARIAN

Pesto pasta salad

Couscous salad

VEGETABLES & SIDES

Sundried tomato

foccaccia

PUDDING

Fresh fruit

THURSDAY

MAIN CHOICE

Handmade pepperoni

pizza

Sausage rolls

VEGETARIAN

Margherita pizza

Veggie sausage rolls

VEGETABLES & SIDES

Corn

PUDDING

Fresh fruit

FRIDAY

MAIN CHOICE

Breaded fish fingers
with tartar sauce

Hamburgers

VEGETARIAN

Veggie hamburgers

VEGETABLES & SIDES

Chips, peas

PUDDING

Fresh fruit

Beetroot brownie



LUNCH MENU

WEEK 1

13 - 17 JULY

Wide selection of seasonal fresh fruit and vegetables offered daily along with water and milk.

MEAT FREE MONDAY

MAIN CHOICE
Baked potato and
tuna

OR
SANDWICH/ROLL
Egg

VEGETARIAN
Baked potato and
beans and/or cheese
Cheesy pasta

VEGETABLES & SIDES
Mixed vegetables

PUDDING
Fresh fruit
Cheese and biscuits

TUESDAY

MAIN CHOICE
Beef stir fry

OR
SANDWICH/ROLL
Cheese

VEGETARIAN
Veggie stir fry

VEGETABLES & SIDES
Spring rolls

PUDDING
Jelly
Fresh fruit

WEDNESDAY

SPORTS DAY

MAIN CHOICE
Choice of ham,
cheese, tuna or egg
sandwich

VEGETABLES & SIDES
Crisps

PUDDING
Fresh fruit
Frozen smoothie

THURSDAY

MAIN CHOICE
Handmade pepperoni
pizza
Sausage rolls

VEGETARIAN
Margherita pizza
Veggie sausage rolls

VEGETABLES & SIDES
Corn

PUDDING
Fresh fruit

FRIDAY

MAIN CHOICE
Breaded fish fingers
with tartar sauce

VEGETARIAN
Macaroni cheese

VEGETABLES & SIDES
Chips, peas

PUDDING
Fresh fruit
Raspberry and white
chocolate chip
cookies