



FOX SUMMER/ AUTUMN 1 2019 LUNCH MENU

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Soup served with Bread and Butter	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Meat/ Fish Main Course	Gnocchi with Tomato Sauce	Sausages Stir fry	Japanese Chicken	Macaroni Cheese	Fish & Chips
Vegetarian	Aubergine and Cannellini Bean Caponata		Veggie Sausages	Vegetarian Lasagne	Mixed Veg Quiche
Carbohydrates	Croutons	Rice	Steam Rice	Roasted Cinnamon Sweet Potatoes	Chips
Vegetables	Broccoli	Sweet Corn	Steamed Kale	Peas	Baked Potato
Salad	Greek Salad	Lebanese Lentils	Pea, Mint and Feta Cheese	Roast Vegetables	Caesar Salad
Dessert served with a portion of fresh fruit daily	Sugar-free Yoghurt with Honey	Banoffee	Raspberry Sorbet	Fruit Salad	Sticky Toffee Pudding

We always use free range turkey, lamb and beef, corn fed chicken and best quality fresh fruit and vegetables (sourced locally).

We serve two sugar free desserts.

Menus choices have been discussed with The School Council.



FOX SUMMER/ AUTUMN 1 2019 LUNCH MENU

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Soup served with Bread and Butter	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Meat/ Fish Main Course	Spaghetti With Butter and Cheese Sauce	A Feast of Curries Chicken	Fried Chicken	A Feast of Pizzas	Fish and Chips
Vegetarian	Vegetarian Moussaka	Lentils	Kale, spinach & bean stew		Veggie Tart
Carbohydrates	Croutons	Steamed Rice, spiced roast cauliflower & potato	Rice and Vegetable Salad	Potato Wedges	Chips
Vegetables	Peas	Lentils		Broccoli	Baked Potatoes
Salad	Greek Salad	Cucumber, Mint and Yoghurt	Roast squash & broccoli	Roast Beetroot and Carrot	Caesar Salad
Dessert served with a portion of fresh fruit daily	Fresh Fruit	Sugar-free Raspberry Sorbet	Sugar-Free Mixed Fruit Yoghurt	Flapjacks	Banoffee Pie with Fresh Cream

We always use free range turkey, lamb and beef, corn fed chicken and best quality fresh fruit and vegetables (sourced locally).

We serve two sugar free desserts.

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FOX SUMMER/ AUTUMN 1 2019 LUNCH MENU

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Soup served with Bread and Butter	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Meat/ Fish Main Course	Spaghetti with veggie bolognaise Sauce	Fish Burger	Jerk Chicken	Macaroni Cheese	Baked Salmon with Rice Salad
Vegetarian	Creamed spinach	Veggie Burger	Cauliflower Cheese	Stir Fry Vegetables	Mixed Bean Curry
Carbohydrates		Wedges	Rice		Croutons
Vegetables	Sweetcorn	Baked Beans	Peas	Broccoli	Carrots
Salad Of The Day	Spinach and Avocado	Bean Salsa	Greek Salad	Tomato and Onion Salad	Cucumber, Mint and Yoghurt
Dessert served with a portion of fresh fruit daily	Sugar-free Plain Yoghurt with Honey	Flapjacks	Scones with Jam and Cream	Cheese & Crackers/Grapes	Banoffee Pie and Fresh Cream

We always use free range turkey, lamb and beef, corn fed chicken and best quality fresh fruit and vegetables (sourced locally).

We serve two sugar free desserts.

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