

**FOX PRIMARY SCHOOL SUMMER 2021 LUNCH MENU**

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Available Daily</b>	Tomato Soup, Bread and a plain salad (lettuce, tomatoes, cucumber, carrots and peppers)				
<b>Meat/ Fish Main Course</b>	Tuna Mayonnaise Cheddar Cheese	Chilli Con Carne with Rice	Roast Chicken	Stir Fry Vegetable Noodles	Fish fingers
<b>Vegetarian Main Course</b>	Jacket Potatoes	Bean and Lentil Burritos	Veggie Wellington		Egg Frittata
<b>Carbohydrates</b>	Baked Beans	Sweetcorn	New Baby Potatoes		Chips
<b>Vegetables</b>			Carrots and Peas		Mushy Peas Baked Beans
<b>Salad</b>	Roasted Chickpea and Spinach salad	Mango and Green leaf salad	Cucumber, Pepper and Mango Salad	Egg and Potato Salad with Dill	Special Salad of the Week
<b>Dessert</b>	Mango Sorbet	Vegan Chocolate Cake with chocolate sauce	Cheddar cheese and Crackers	Banana Cake	Fresh Tropical Fruit Salad

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Available Daily</b>	Tomato Soup, Bread and a plain salad (lettuce, tomatoes, cucumber, carrots and peppers)				
<b>Meat/ Fish Main Course</b>	Vegetable Bolognese  Spaghetti	Chicken Curry	Cheese and Tomato Baguette Melts	Chicken Teriyaki	Baked Salmon Fillet
<b>Vegetarian Main Course</b>		Pumpkin and Plantain Curry		Stir Fried Vegetables with Tofu pieces	Penne Pasta with Pesto
<b>Carbohydrates</b>		Steamed Rice		Steamed Rice	
<b>Vegetables</b>	Garlic Sauteed Broccoli	Steamed Green Beans	Sweetcorn	Steamed Carrots	Steamed Broccoli
<b>Salad</b>	Roasted vegetable and feta cheese salad	Tomato, Mint and Red Onion salad	Fennel, Rocket and Pomegranate Salad	Greek Salad	Special Salad of the Week
<b>Dessert</b>	Strawberry Yoghurt with fresh fruits	Fruit Jelly	Fresh Tropical Fruit Salad	Cheese and Crackers	Fresh Tropical Fruit Salad

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Available Daily</b>	Tomato Soup, Bread and a plain salad (lettuce, tomatoes, cucumber, carrots and peppers)					
<b>Meat/ Fish Main Course</b>	Jacket Potato with baked beans and cheese  or  Veggie Lasagne	BBQ Chicken	Pork Sausage Hotdog rolls	Chicken Arrabiata Fusilli	Fish fingers	
<b>Vegetarian Main Course</b>		Mixed Vegetable and Egg Fried Rice	Vegetarian Sausage Hotdog rolls		Vegetable, Herbs and Tomato Fusilli	Baked Beans
<b>Carbohydrates</b>		Steamed Rice	Tortilla Chips			Chips
					Vegan Fingers	

<b>Vegetables</b>	Risotto Salad with roasted vegetables	Quinoa and roasted vegetable salad with avocado mayo	Tex-Mex Salad	Broccoli	Peas or Mushy Peas
<b>Salad</b>				Pomegranate, Fennel and Rocket Salad	Special Salad of the Week
<b>Dessert</b>	Peach Yoghurt with fresh fruits	Cheese and Crackers	Banoffee Pie with cream	Chocolate orange Sponge Cake	Fresh Tropical Fruit Salad