





# RICHARD DE CLARE LUNCH MENU

AUTUMN 2019

## WEEK ONE





Monday <i>JACKET MONDAY!</i>	Tuesday <i>PIZZA DAY!</i>	Wednesday <i>ROAST WEDNESDAY</i>	Thursday <i>ROCK 'N' ROLL!</i>	Friday <i>CHIP FRYDAY!</i>
Jacket potato with a selection of your favourite toppings  Peaches and ice cream	Wedges of homemade pepperoni and ham pizza, potato wedges, served with a side salad  Fresh fruit wedges or yoghurt	Yummy roast chicken served with fluffy roast potatoes, seasonal vegetables, Yorkshire pudding and gravy  Red velvet cake	Rock 'n' Roll Sausage roll, baby potatoes with baked beans or peas and sweetcorn  100% Fruit lolly	Omega 3 chunky fish fingers served with crispy chips, garden peas and sweetcorn  Fresh fruit platter or yoghurt
<b>VEGETARIAN OPTION</b> Jacket Potato with a selection of toppings	<b>VEGETARIAN OPTION</b> Wedges of homemade margarita pizza with side salad and potato wedges	<b>VEGETARIAN OPTION</b> Yummy Quorn fillet with all the above.	<b>VEGETARIAN OPTION</b> Homemade cheese and onion pasty, baby potatoes with beans or peas and sweetcorn.	<b>VEGETARIAN OPTION</b> Veggie nuggets served with chips, garden peas and sweetcorn
<b>PICNIC BAGS</b> Roll with a choice of fillings Veggie sticks Gingerbread men Fresh fruit	<b>JACKET POTATO</b> Jacket potato with a choice of topping	<b>JACKET POTATO</b> Jacket potato with a choice of topping	<b>JACKET POTATO</b> Jacket potato with a choice of topping	<b>JACKET POTATO</b> Jacket potato with a choice of topping
6 Types of Salad Bar/Bread	6 Types of Salad Bar/Bread		6 Types of Salad Bar/Bread	6 Types of Salad Bar/Bread
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Milk / Water	Milk / Water	Milk / Water	Milk / Water	Milk/ Water

Children can choose daily which selection they would like from any of the above three choices

# RICHARD DE CLARE LUNCH MENU

AUTUMN 2019

## WEEK TWO





Monday <i>JACKET MONDAY!</i>	Tuesday <i>AROUND THE WORLD!</i>	Wednesday <i>ROAST WEDNESDAY!</i>	Thursday <i>PERFECT PASTA!</i>	Friday <i>CHIP FRYDAY!</i>
Jacket potato with a selection of your favourite toppings 	Creamy chicken korma served with wholegrain rice and naan bread 	Yummy roast chicken served with fluffy roast potatoes, seasonal vegetables, Yorkshire pudding and gravy.	Lasagne served with garlic bread and green beans 	Omega 3 chunky fish fingers served with crispy chips, garden peas and sweetcorn 
<b>VEGETARIAN OPTION</b> Jacket potato with a selection of toppings	<b>VEGETARIAN OPTION</b> Macaroni cheese served with green beans	<b>VEGETARIAN OPTION</b> Yummy Quorn fillet with all the above.	<b>VEGETARIAN OPTION</b> Vegetable lasagne served with garlic bread and green beans	<b>VEGETARIAN OPTION</b> Veggie nuggets served with chips, garden peas and sweetcorn
<b>PICNIC BAGS</b> Roll with a choice of fillings Veggie sticks Fruit bag Fresh fruit	<b>JACKET POTATO</b> Jacket potato with a choice of topping	<b>JACKET POTATO</b> Jacket potato with a choice of topping	<b>JACKET POTATO</b> Jacket potato with a choice of topping	<b>JACKET POTATO</b> Jacket potato with a choice of topping
6 Types of Salad Bar/Bread	6 Types of Salad Bar/Bread		6 Types of Salad Bar/Bread	6 Types of Salad Bar/Bread
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Milk / Water	Milk / Water	Milk / Water	Milk / Water	Milk/ Water

Children can choose daily which selection they would like from any of the above three choices

# RICHARD DE CLARE LUNCH MENU

AUTUMN 2019

## WEEK THREE

Monday <i>JACKET MONDAY!</i>	Tuesday <i>PERFECT PASTA!</i>	Wednesday <i>ROAST WEDNESDAY!</i>	Thursday <i>AMERICAN DINER!</i>	Friday <i>CHIP FRYDAY!</i>
Jacket potato with a selection of your favourite toppings 	Spaghetti meatballs in a rich tomato sauce served with garlic bread 	Yummy roast chicken served with fluffy roast potatoes, seasonal vegetables, Yorkshire pudding and gravy.	Crispy chicken goujon wrap served with potato wedges and chunky salad. 	Omega 3 chunky fish fingers served with crispy chips, garden peas and sweetcorn 
Homemade tutti-fruity flapjack	Carrot cake with a cream topping	Fresh fruit wedges or yoghurt	Fruit jelly and cream	Fresh fruit slice or yoghurt
<b>VEGETARIAN OPTION</b> Jacket potato with a selection of toppings	<b>VEGETARIAN OPTION</b> Rich tomato and cheese pasta bake served with garlic bread	<b>VEGETARIAN OPTION</b> Yummy Quorn fillet served with all the above.	<b>VEGETARIAN OPTION</b> Quorn wrap served with potato wedges and chunky salad.	<b>VEGETARIAN OPTION</b> Veggie nuggets served with chips, garden peas and sweetcorn
<b>PICNIC BAGS</b> Roll with a choice of fillings Veggie sticks Tutti-fruity flapjack Fresh fruit	<b>JACKET POTATO</b> Jacket potato with a choice of topping	<b>JACKET POTATO</b> Jacket potato with a choice of topping	<b>JACKET POTATO</b> Jacket potato with a choice of topping	<b>JACKET POTATO</b> Jacket potato with a choice of topping
6 Types of Salad Bar/Bread	6 Types of Salad Bar/Bread		6 Types of Salad Bar/Bread	6 Types of Salad Bar/Bread
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Milk / Water	Milk / Water	Milk / Water	Milk / Water	Milk/ Water

Children can choose daily which selection they would like from any of the above three choices