Golden Lunch Co

Step 1 Choose a delicious main course

Step 2 Choose from a variety of side dishes

Step 3 Choose from a tasty selection of puddings

Autumn / Winter

WEEK ONE

w/c 02/09. 21/09, 12/10, 16/11, 07/12

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Fish	Cheese & Tomato Pizza (3,7,13 MC:6) Homemade Potato Wedges Carrot & Coriander Salad (16)	Bacon, Tomato & Scrambled Egg Burrito (3,7,6) Herby Diced Potatoes Baked Beans	Chicken Pie (3,6 MC: 8,15) Boiled Potatoes Mixed Veg	Chicken Katsu Curry (13) Mixed Rice, Garlic & Coriander Naan (3,7), Asian Cucumber Salad (3,13,16)	Fish Fingers (3,11) Chips Spaghetti Hoops (3) or Peas
Vegetarian	Roasted Vegetable Pasta Bake (3,7 MC: 13,8) Carrot & Coriander Salad (16)	Scrambled Egg & Baked Beans Burrito (3,6,7) Herby Diced Potatoes	Vegetable Cottage Pie Mixed Veg	Vegetable, Pea & Potato Curry Mixed Rice Garlic & Coriander Naan (3,7)	Quorn Burger (3.6.7) Chips Spaghetti Hoops (3) or Peas
Combo	Jacket Potato with Baked Beans, Cheese & Beans (7), Grated Cheese (7), Tuna Mayo (6,11) Salmon & Tomato (11) Sandwich: Grated Cheese (3,7,13), Tuna Mayo (3,12,6 MC: 9) Ham (3,7,13,MC: 9)	Jacket Potato with Baked Beans, Cheese & Beans (7), Grated Cheese (7), Tuna Mayo (6,11) Pasta (3,MC: 8,13) Toppings: Grated Cheese (7), Tomato & Basil Sauce, Pesto Sauce, No Topping	Jacket Potato with Baked Beans, Cheese & Beans (7), Grated Cheese (7), Tuna Mayo (6,11) Sandwich: Grated Cheese (3,7,13), Tuna Mayo (3,13,6 MC: 9) Ham (3,7,13,MC: 9)	Jacket Potato with Baked Beans, Cheese & Beans (7), Grated Cheese (7), Tuna Mayo (6,11), Vegan Cheese Pasta (3,MC: 8,13) Toppings: Grated Cheese (7), Tomato & Basil Sauce, Pesto Sauce, No Topping	Jacket Potato with Baked Beans, Cheese & Beans (7), Grated Cheese (7), Tuna Mayo (6,11) Sandwich: Grated Cheese (3,7,12), Tuna Mayo (3,12,6 MC: 9) Ham (3,7,13,MC:9)
Pudding	Apple & Cinnamon Pancakes (3, MC:7,6) Fresh Fruit, Yoghurt (7), Cheese & Biscuits(7,3), Jelly	White Chocolate & Raspberry Slice (3,6,7,12) Fresh Fruit, Yoghurt (7), Cheese & Biscuits(7,3), Jelly	Strawberry Mousse (7) Fresh Fruit, Yoghurt (7), Cheese & Biscuits(7,3), Jelly	Strawberry Sponge & Custard (3, 6, 7 (MC 12)) Fresh Fruit, Yoghurt (7), Cheese & Biscuits(7,3), Jelly	Oat Cookies (3) Fresh Fruit, Yoghurt (7), Cheese & Biscuits(7,3), Jelly

Please note this menu may change through the term. For the most up to date information, please visit: relishschoolfood.co.uk/parents

Menu meets school food plan nutritional standards. (V) Suitable for Vegetarians, (Ve) Suitable for Vegans. Allergen key - Cereals containing Gluten (3), Molluscs (4), Peanuts (5), Eggs (6), Milk (7), Mustard (8), Sesame (9), Crustaceans (10), Fish (11), Nuts (12), Soya (13), Celery (14), Lupin (15), Sulphur dioxide (16) Jacket Potatoes and Freshly cooked pasta available daily Jacket potato fillings – Grated cheddar cheese (7), Tuna Mayonnaise (11,6), Baked Beans Pasta toppings - Tomato and vegetable sauce, Grated cheese (7) Fresh bread available daily (3,13) may also contain eggs and milk Fresh salads available daily which will always be allergen free.

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Autumn / Winter

WEEK TWO

w/c 07/09, 28/09, 19/10, 23/11, 14/12

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Fish	Macaroni Cheese (3,7,8) Mixed Veg Garlic Bread (3,12 MC: 6.7)	All Day Breakfast (3,6,7,16) Baked Beans Homemade 50/50 Bread (3)	Roast Turkey Roast Potatoes Carrots, Green Beans, Gravy	Cajun Chicken Pasta (3, MC: 13,8) Sweetcorn	Fish Fingers (3,11) Chips Baked Beans or Peas
Vegetarian	Vegetarian Sausage Roll (3,13) Potato Wedges Mixed Veg	All Day Breakfast (3,6,7,) Baked Beans Homemade 50/50 Bread (3)	Roasted Veg Tart (3,7,6, MC: 8,15,13) Roast Potatoes Carrots, Green Beans, Gravy	Smokey BBQ Quesadilla (3,13,14) Roasted Veg Cous Cous (3,16 MC: 13,8)	Quorn Hot Dog (3,6,MC9) Chips Baked Beans or Peas
Combo	Jacket Potato with Baked Beans, Cheese & Beans (7), Grated Cheese (7), Tuna Mayo (6,11), Vegan Cheese Baguette (3,13, MC 9) Toppings: Grated Cheese (7), Ham, Tuna Mayo (6,11)	Jacket Potato with Baked Beans, Cheese & Beans (7), Grated Cheese (7), Tuna Mayo (6,11) Pasta (3,MC: 8,13) Toppings: Grated Cheese (7), Tomato & basil Sauce, Pesto Sauce, No Topping	Jacket Potato with Baked Beans, Cheese & Beans (7), Grated Cheese (7), Tuna Mayo (6,11), Vegan Cheese Baguette (3,13, MC 9) Toppings: Grated Cheese (7), Ham, Tuna Mayo (6,11)	Jacket Potato with Baked Beans, Cheese & Beans (7), Grated Cheese (7), Tuna Mayo (6,11), Vegan Cheese Baguette (3,13, MC 9) Toppings: Grated Cheese (7), Ham, Tuna Mayo (6,11)	Jacket Potato with Baked Beans, Cheese & Beans (7), Grated Cheese (7), Tuna Mayo (6,11) Pasta (3,MC: 8,13) Toppings: Grated Cheese (7), Tomato & basil Sauce, Pesto Sauce, No Topping
Pudding	Butterscotch Angel Delight (7) Fresh Fruit, Yoghurt (7), Cheese & Biscuits(7,3), Jelly	Cocoa Brownie (3,6) Fresh Fruit, Yoghurt (7), Cheese & Biscuits(7,3), Jelly	Fresh Fruit Salad Fresh Fruit, Yoghurt (7), Cheese & Biscuits(7,3), Jelly	Iced Fruit Bun (3,13,MC 7,6) Fresh Fruit, Yoghurt (7), Cheese & Biscuits(7,3), Jelly	Bananas & Custard (7) Fresh Fruit, Yoghurt (7), Cheese & Biscuits(7,3), Jelly

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Autumn / Winter

WEEK THREE w/c 14/09, 05/10, 09/11, 30/11,

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat/Fish	Cheese Puff (3,7) Herby Diced Potatoes Sweetcorn	Beef Meatballs in Marinara Sauce (3) Pasta (3,MC 13,8) Broccoli	Roast Gammon Roast Potatoes, Carrot & Swede Mash (7) Peas Gravy	BBQ Chicken (3,11, 8 MC: 16) Noodles (3,13,6) Green Benas	Chicken Nuggets (3, MC13) Chips Baked Beans or Coleslaw (6)
Vegetarian	Vegetarian Chilli Con Carne Mixed Rice Sweetcorn	Vegan Meatballs in Marinara Sauce (13) Pasta (3,MC 13,8) Broccoli	Vege Sausage (3) Roast Potatoes, Carrot & Swede Mash (7) Peas Gravy	Chinese Quorn (13, MC 8) Noodles (3,13,6) Green Benas	Vegan Nuggets (3) Chips Baked Beans or Coleslaw (6)
Combo	Jacket Potato with Baked Beans, Cheese & Beans (7), Grated Cheese (7), Tuna Mayo (6,11) Pasta (3,MC: 8,13) Toppings: Grated Cheese (7), Tomato & basil Sauce, Pesto Sauce, No Topping	Jacket Potato with Baked Beans, Cheese & Beans (7), Grated Cheese (7), Tuna Mayo (6,11) Wrap (3) Toppings: Grated Cheese (7), Ham, Tuna Mayo (6,11)	Jacket Potato with Baked Beans, Cheese & Beans (7), Grated Cheese (7), Tuna Mayo (6,11) Pasta (3,MC: 8,13) Toppings: Grated Cheese (7), Tomato & basil Sauce, Pesto Sauce, No Topping	Jacket Potato with Baked Beans, Cheese & Beans (7), Grated Cheese (7), Tuna Mayo (6,11) Wrap (3) Toppings: Grated Cheese (7), Ham, Tuna Mayo (6,11)	Jacket Potato with Baked Beans, Cheese & Beans (7), Grated Cheese (7), Tuna Mayo (6,11) Pasta (3,MC: 8,13) Toppings: Grated Cheese (7), Tomato & basil Sauce, Pesto Sauce, No Topping
Pudding	Chocolate Cornflake Cake (3,7 MC 13) Fresh Fruit, Yoghurt (7), Cheese & Biscuits(7,3), Jelly	Carrot Cake (3,6) Fresh Fruit, Yoghurt (7), Cheese & Biscuits(7,3), Jelly	Peaches & Ice Cream (7) Fresh Fruit, Yoghurt (7), Cheese & Biscuits(7,3), Jelly	Chocolate Cake & Chocolate Sauce (3,6,7 MC:13) Fresh Fruit, Yoghurt (7), Cheese & Biscuits(7,3), Jelly	Cherry Shortbread (3,16) Fresh Fruit, Yoghurt (7), Cheese & Biscuits(7,3), Jelly

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