



YUM YUM
Nutritious School Lunches



Week 1 (vegetarian):

Monday

Penne with roast tomato and aubergine
Mozzarella cheese bake
(SI: Aubergine, Carrot and celery)
Fresh fruit

Tuesday

Vegetable tajin with cous cous
(SI: Split lentils)
Fresh fruit

Wednesday

Vegetarian sausages, vegetables and
Jacket potatoes and cheese
Fresh fruit

Thursday

Vegetarian meatballs in tomato with spaghetti
Fresh fruit

Friday

Courgette, chickpea and cheddar fritter
Homemade oven chips
Buttered peas and carrots
Fresh fruit



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Week 2 (vegetarian):

Monday

Homemade pizza squares

Green salad with sesame seeds

(SI: Tomatoes, red peppers, mushrooms and carrots)

Fresh fruit

Tuesday

Breaded vegetables with potato puree

Fresh Fruit

Wednesday

Special of the week, changes every other week, here's where we try out new dish and cook old favourites. A different vegetarian option will be available on each week. A vegetarian version of the dish of the day.

Fresh fruit

Thursday

Vegetable noodles

Fresh fruit

Friday

- Moroccan vegetable tajin with cous cous and chickpeas
Fresh fruit

Or

- Courgette, chickpea and cheddar fritter
Homemade oven chips

Fresh fruit



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Week 1:

Monday

Penne with roast tomato and aubergine cheese bake
(SI: Aubergine, Carrot, celery)
Fresh fruit

Tuesday

Moroccan chicken with cous cous
(SI: pumpkin and sweet potato, carrots and leeks)
Fresh fruit

Wednesday

Roast loin of pork with apple gravy, Yorkshire pudding and
Roast potatoes, broccoli and carrots
Fresh fruit

Thursday

Chicken Meatballs and spaghetti in Tomato
(SI: Carrots, leeks, red peppers and mushrooms)
Fresh Fruit

Friday

Paella Rice with tuna
(carrots, peppers)
Yogurt



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Week 2:

Monday

Homemade pizza squares

Green salad

(SI: Tomatoes, red peppers, mushrooms and carrots)

Fresh fruit

Tuesday

Breaded pork loin with roast potatoes and peas and carrots

Fresh fruit

Wednesday

Special of the week, changes every other week, here's where we try out new dish and cook old favourites

- Lasagne
- Cottage pie
- Chicken curry
- Chicken pie with mashed potato and steamed vegetables

Fresh fruit

Thursday

Chicken and vegetable noodle stir fry

Fresh fruit

Friday

Breaded fish

(SI: Sesame seeds for calcium and magnesium)

Mashed potatoes and buttered peas and carrots

yogurt



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