

MEYC
SAMPLE LUNCH MENU

WEEK 1:

- Monday:** Minced Lamb/Quorn & Vegetable Gratin (G, E, M, S)
Farmhouse Ginger & Chocolate Chip Muffins (G, E)
- Tuesday:** Chicken/Quorn, Mushroom & Vegetable Savoury Rice (G, E, M, S)
Banana Split with Bennetts Ice Cream (M)
- Wednesday:** Cod/Quorn & Vegetable Pasta Bows (G, E, F, M, S)
Fresh Fruit & Natural Yoghurt (M)
- Thursday:** Cheese, Broccoli, Vegetable & Potato Bake (G, M, S)
Rainbows End Cookies & Milk (G, E, M)
- Friday:** Spaghetti & Meat/Quorn Balls (G, E, M, S)
St Clements Sponge & Vanilla Sauce (G, E, M)

WEEK 2:

- Monday:** Tomato, Vegetable & Mushroom Risotto (G, S)
Madresfield Mess with Bennetts Ice Cream (M)
- Tuesday:** Minced Lamb/Quorn & Vegetables with Mashed Potatoes & Gravy (G, E, M, S)
Lemon & Sultana Cookies & Milk (G, E, M, S/D)
- Wednesday:** Locally Sourced Pork/Quorn Sausage & Vegetable Pasta Shells (G, E, M, S)
Mint Chocolate Chip Sponge & Chocolate Sauce (G, E, M)
- Thursday:** Minced Beef/Quorn & Vegetable Hotpot (G, E, M, S)
Fresh Fruit & Natural Yoghurt (M)
- Friday:** Haddock/Quorn & Vegetable Jambalaya (G, E, F, M, S)
Mixed Berry Muffins (G, E)

WEEK 3:

- Monday:** Salmon/Quorn & Vegetable Macaroni (G, E, F, M, S)
Cranberry & Apricot Sponge & Custard (G, E, M)
- Tuesday:** Mild Minced Beef/Quorn & Vegetable Chilli & Rice (G, E, M, S)
Fresh Fruit & Natural Yoghurt (M)
- Wednesday:** Minced Pork/Quorn & Vegetable Casserole (G, E, M, S)
Orange & Blueberry Cookies & Milk (G, E, M)
- Thursday:** Cheese, Tomato & Vegetable Penne Pasta (G, E, M, S)
Apple & Raisin Muffins (G, E, S/D)
- Friday:** Farmhouse Chicken/Quorn & Vegetable Stew (G, E, M, S)
Hayswood Glory with Bennetts Ice Cream (M)

For Vegetarians the meat will be replaced by a Vegetarian alternative
Lunches are prepared and cooked daily with Fresh and Seasonal Produce

**MEYC
SAMPLE TEA TIME MENU**

	WEEK 1	WEEK 2	WEEK 3
MONDAY	Pasta/Rice bar (G, M, S)	Pick and Mix (G, M, S/S, S)	Hot Dogs (G, S/S)
TUESDAY	Egg/Spaghetti & Bagel (G, E, M, S/S, S)	Toast, Teacake or Crumpet (G, S/S, S)	Pick and Mix (G, M, S/S, S)
WEDNESDAY	Toast, Teacake or Crumpet (G, S/S, S)	Fish/Veggi Finger Sandwiches (G, F)	Pasta/Rice bar (G, M, S)
THURSDAY	Pick and Mix (G, M, S/S, S)	Pasta/Rice bar (G, M, S)	Spaghetti/Egg & Muffin (G, E, M, S/S, S)
FRIDAY	Filled Sandwiches (G, M)	Spaghetti/Egg & Toast (G, E, M, S/S, S)	Toast, Teacake or Crumpet (G, S/S, S)

All served with at least two fruits/vegetables