



# Bents Green School Lunch Menu



Week Commencing: - 9<sup>th</sup> July 2018

|                  | <b>Main Meal</b>                                      | <b>Vegetarian</b>   | <b>Buffet Bar</b>  | <b>Pudding</b>                     |
|------------------|---|---|--|------------------------------------|
| <b>Monday</b>    | <b>Cheese &amp; Tomato Pasta Bake<br/>Broccoli</b>    | <b>Cheese &amp; Tomato Pasta Bake<br/>Broccoli</b>        | <b>Fresh Salad<br/>Choice of Flan, Ham, Turkey,<br/>Corn Beef, Tuna , Cheese, Jacket<br/>Potatoes, Beans, Pasta, Salad<br/>Fresh bread and rolls</b> | <b>Cheese Cake</b>                 |
| <b>Tuesday</b>   | <b>Corn Beef Hash<br/>Sweetcorn</b>                   | <b>Quorn Pie<br/>Sweetcorn</b>                            | <b>Fresh Salad<br/>Choice of Flan, Ham, Turkey,<br/>Corn Beef, Tuna , Cheese, Jacket<br/>Potatoes, Beans, Pasta, Salad<br/>Fresh bread and rolls</b> | <b>Fresh Fruit Salad<br/>Cream</b> |
| <b>Wednesday</b> | <b>Tortilla Wraps<br/>Hash Browns</b>                 | <b>Tortilla Wraps<br/>Hash Browns</b>                     | <b>Fresh Salad<br/>Choice of Flan, Ham, Turkey,<br/>Corn Beef, Tuna , Cheese, Jacket<br/>Potatoes, Beans, Pasta, Salad<br/>Fresh bread and rolls</b> | <b>Apple Crumble<br/>Custard</b>   |
| <b>Thursday</b>  | <b>Chicken Noodle<br/>Black Bean Sauce<br/>Rice</b>   | <b>Quorn Noodle<br/>Black Bean Sauce<br/>Rice</b>         | <b>Fresh Salad<br/>Choice of Flan, Ham, Turkey,<br/>Corn Beef, Tuna , Cheese, Jacket<br/>Potatoes, Beans, Pasta, Salad<br/>Fresh bread and rolls</b> | <b>Lemon Cookies<br/>Ice Cream</b> |
| <b>Friday</b>    | <b>Fishcakes<br/>Chips<br/>Peas<br/>Parsley Sauce</b> | <b>Quorn Burgers<br/>Chips<br/>Peas<br/>Parsley Sauce</b> | <b>Fresh Salad<br/>Choice of Flan, Ham, Turkey,<br/>Corn Beef, Tuna , Cheese, Jacket<br/>Potatoes, Beans, Pasta, Salad<br/>Fresh bread and rolls</b> | <b>Fudge Brownies</b>              |