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)<br>Homemade Potato Wedges<br>Carrot & Coriander Salad (16) | Beef Bolognese<br>Pasta (3, MC: 8,13)<br>Mixed Veg | Pork Sausage (3,16)<br>Roast Potatoes, Yorkshire Pudding (3,6,7), Mixed Veg, Gravy | Thai Red Chicken Curry (13)<br>Mixed Rice, Garlic & Coriander Naan (3,7), Cabbage | Fish Fingers (3,11)<br>Chips<br>Spaghetti Hoops (3) or Peas |
| Vegetarian | Vegetable Pizza (3,7,MC: 6)<br>Homemade Potato Wedges<br>Carrot & Coriander Salad (16 | Veggie Bean Wrap (3)<br>Mixed Rice<br>Mixed Veg | Vege Sausage (3)<br>Roast Potatoes, Carrot & Swede Mash (7), Pea, Gravy | Dhal<br>Mixed Rice<br>Garlic & Coriander Naan (3,7) Cabbage | Quorn Burger (3.6.7)<br>Chips<br>Spaghetti Hoops (3) or Peas |
| Combo | Jacket Potato with Baked Beans, Cheese & Beans (7), Grated Cheese (7), Tuna Mayo (6,11) Salmon & Tomato (11)<br>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)<br>Pasta (3,MC: 8,13)<br>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)<br>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<br>Pasta (3,MC: 8,13)<br>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)<br>Sandwich: Grated Cheese (3,7,12), Tuna Mayo (3,12,6 MC: 9) Ham (3,7,13,MC:9) |
| Pudding | Fruit Jelly<br>Fresh Fruit, Yoghurt (7), Cheese & Biscuits(7,3), Jelly | White Chocolate & Raspberry Slice (3,6,7,12)<br>Fresh Fruit, Yoghurt (7), Cheese & Biscuits(7,3), Jelly | Fruit Crumble (3)<br>Fresh Fruit, Yoghurt (7), Cheese & Biscuits(7,3), Jelly | Sticky Ginger Cake (3,6,7,16)<br>Fresh Fruit, Yoghurt (7), Cheese & Biscuits(7,3), Jelly | Oat Cookies (3)<br>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)<br>Mixed Veg<br>Garlic Bread (3,12 MC: 6.7) | All Day Breakfast (3,6,7,16)<br>Baked Beans<br>Homemade 50/50 Bread (3) | Beef Burger (3)<br>Homemade Potato Wedges<br>Peas | Chicken Fajitas (3)<br>Sunshine Rice<br>Mixed Veg | Battered Cod (3,11)<br>Chips<br>Baked Beans or Peas |
| Vegetarian | Tomato Pasta (3, MC: 13, 8)<br>Mixed Veg<br>Garlic Bread (3,12 MC: 6.7) | All Day Breakfast (3,6,7,)<br>Baked Beans<br>Homemade 50/50 Bread (3) | Vegetable Burger (3,7,MC 9)<br>Homemade Potato Wedges, Peas | Smokey BBQ Quesadilla (3,13,14)<br>Sunshine Rice, Mixed Vef | Quorn Sausage (3)<br>Chips<br>Baked Beans or Peas |
| Combo | Jacket Potato with Baked Beans, Cheese & Beans (7), Grated Cheese (7), Tuna Mayo (6,11), Vegan Cheese<br>Baguette (3,13, MC 9)<br>Toppings: Grated Cheese (7), Ham, Tuna Mayo (6,11) | Jacket Potato with Baked Beans, Cheese & Beans (7), Grated Cheese (7), Tuna Mayo (6,11)<br>Pasta (3,MC: 8,13)<br>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<br>Baguette (3,13, MC 9)<br>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<br>Baguette (3,13, MC 9)<br>Toppings: Grated Cheese (7), Ham, Tuna Mayo (6,11) | Jacket Potato with Baked Beans, Cheese & Beans (7), Grated Cheese (7), Tuna Mayo (6,11)<br>Pasta (3,MC: 8,13)<br>Toppings: Grated Cheese (7), Tomato & basil Sauce, Pesto Sauce, No Topping |
| Pudding | Gypsy Tart (3, 7)<br>Fresh Fruit, Yoghurt (7), Cheese & Biscuits(7,3), Jelly | Cocoa Brownie (3,6)<br>Fresh Fruit, Yoghurt (7), Cheese & Biscuits(7,3), Jelly | Fruit Jelly<br>Fresh Fruit, Yoghurt (7), Cheese & Biscuits(7,3), Jelly | Strawberry Sponge (3,7,6 MC:13)<br>Fresh Fruit, Yoghurt (7), Cheese & Biscuits(7,3), Jelly | Iced Buns (3, 13,7 MC 6)<br>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 | Mushroom Stroganoff (7)<br>Savoury Rice<br>Sweetcorn | Beef Meatballs in Marinara Sauce (3)<br>Wholemeal Pasta (3,MC 13,8)<br>Broccoli | Roast Gammon<br>Roast Potatoes, Cabbage, Gravy | Sticky Chicken Thighs (13, 16)<br>Noodles (3,13,6)<br>Green Benas | Chicken Nuggets (3, MC13)<br>Chips<br>Baked Beans or Coleslaw (6) |
| Vegetarian | Cheese & Tomato Pinwheels (3,7,13 MC: 6)<br>Homemade Potato Wedges<br>Sweetcorn | Vegan Meatballs in Marinara Sauce (13)<br>Wholemeal Pasta (3,MC 13,8)<br>Broccoli | Roast Vegetable Tart (3,6,7 MC: 13, 8.15)<br>Roast Potatoes, Cabbage Gravy | Vege Stir Fry (13)<br>Noodles (3,13,6) | Vegan Nuggets (3)<br>Chips<br>Baked Beans or Coleslaw (6) |
| Combo | Jacket Potato with Baked Beans, Cheese & Beans (7), Grated Cheese (7), Tuna Mayo (6,11)<br>Pasta (3,MC: 8,13)<br>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)<br>Wrap (3)<br>Toppings: Grated Cheese (7), Ham, Tuna Mayo (6,11) | Jacket Potato with Baked Beans, Cheese & Beans (7), Grated Cheese (7), Tuna Mayo (6,11)<br>Pasta (3,MC: 8,13)<br>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)<br>Wrap (3)<br>Toppings: Grated Cheese (7), Ham, Tuna Mayo (6,11) | Jacket Potato with Baked Beans, Cheese & Beans (7), Grated Cheese (7), Tuna Mayo (6,11)<br>Pasta (3,MC: 8,13)<br>Toppings: Grated Cheese (7), Tomato & basil Sauce, Pesto Sauce, No Topping |
| Pudding | Rice Crispy Cake (3)<br>Fresh Fruit, Yoghurt (7), Cheese & Biscuits(7,3), Jelly | Carrot Cake (3,6)<br>Fresh Fruit, Yoghurt (7), Cheese & Biscuits(7,3), Jelly | Peaches & Ice Cream (7)<br>Fresh Fruit, Yoghurt (7), Cheese & Biscuits(7,3), Jelly | Chocolate Cake & Chocolate Sauce (3,6,7 MC:13)<br>Fresh Fruit, Yoghurt (7), Cheese & Biscuits(7,3), Jelly | Caramel Shortbread (3)<br>Fresh Fruit, Yoghurt (7), Cheese & Biscuits(7,3), Jelly |

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