

WEEK 1 MENU

WEEKS: 02/11, 23/11, 14/12, 18/01, 8/02, 8/03

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN EVENT.	Greek Style Chicken Pitta Served with Baked Cajun Wedges, Red Onion & Tomato Salad	Mexican Beef Chili Nachos Served with Salsa and Sour Cream	Minty Crispy Topped Shepherds Pie served with Seasonal Vegetables	Roast Chicken served with Roast Potatoes, Carrots, Broccoli, Yorkshire Pudding and Gravy	Battered Fish Fillet Served with Chips, Garden Peas or Beans
MEAT FREE.	Greek Marinate Vegetable Pitta Served with Baked Cajun Wedges, Red Onion & Tomato Salad	Mexican Bean Chili Nachos Served with Salsa and Sour Cream	Minty Crispy Topped Shepherdless Pie served with Seasonal Vegetables	Cauliflower & Broccoli Cheese served with Roast Potatoes, Carrots, Broccoli, Yorkshire Pudding and Gravy	Vegan Quorn Sausage Served with Chips, Garden Peas or Baked Beans
JACKET POTATOES.	Jacket Potato with a selection of topping Served with Fresh Salad	Jacket Potato with a selection of topping Served with Fresh Salad	Jacket Potato with a selection of topping Served with Fresh Salad	Jacket Potato with a selection of topping Served with Fresh Salad	Jacket Potato with a selection of topping Served with Fresh Salad
THE DELI.	Selection of Delicious Filled Breads, Healthy Salads, Poke Bowls and Pasta Pots	Selection of Delicious Filled Breads, Healthy Salads, Poke Bowls and Pasta Pots	Selection of Delicious Filled Breads, Healthy Salads, Poke Bowls and Pasta Pots	Selection of Delicious Filled Breads, Healthy Salads, Poke Bowls and Pasta Pots	Selection of Delicious Filled Breads, Healthy Salads, Poke Bowls and Pasta Pots
JUST DESSERTS.	Choose One of Our Fabulous Desserts Apple & Winter Berry Crumble Fruit Yogurt & Coulis Fresh Fruit Pot	Choose One of Our Fabulous Desserts Jam & Coconut Sponge Fruit Yogurt & Coulis Fresh Fruit Pot	Choose One of Our Fabulous Desserts Victoria Sponge Fruit Yogurt & Coulis Fresh Fruit Pot	Choose One Dessert Fabulous Desserts Bakewell Sponge Fruit Yogurt & Coulis Fresh Fruit Pot	Choose One of Our Fabulous Desserts Chocolate Brownie Fruit Yogurt & Coulis Fresh Fruit Pot

LUNCHTIME CO[®]

**AT BENJAMIN BRITTEN
ACADEMY**

WEEK 2 MENU

WEEKS: 09/11, 30/11, 4/01, 25/01, 22/02, 15/03

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN EVENT.

Pork Sausage
Served with Mashed
Potato, Baked Beans Or
Seasonal vegetable &
Gravy

Thai Green Chicken
Curry Served with
Coconut Rice and Asian
Skaw

Homemade Beef Lasagne
served with Garlic &
Herb Bread, Seasonal
Vegetables or Mixed
Salad

Chicken and Vegetable
Stew with Large
Yorkshire Pudding and
Gravy

Battered Fish Fillet
Served with Chips,
Garden Peas or Beans

MEAT FREE.

Quorn Sausage
Served with Mashed
Potato, Baked Beans Or
Seasonal vegetable &
Gravy

Thai Green Sweet
Potato and Broccoli
Curry Served with
Coconut Rice and Asian
Skaw

Homemade Vegetarian
Lasagne Served with
Garlic & Herb Bread,
Seasonal Vegetables or
Mixed Salad

Vegetable Stew served
with large Yorkshire
and Gravy

Vegetable Nuggets
served with Chips,
Garden Peas
or Baked Beans

JACKET POTATOES.

Jacket Potato with a
selection of topping
Served with Fresh
Salad

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selection of topping
Served with Fresh
Salad

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selection of topping
Served with Fresh
Salad

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selection of topping
Served with Fresh
Salad

Jacket Potato with a
selection of topping
Served with Fresh
Salad

THE DELI.

Selection of Delicious
Filled Breads,
Healthy Salads, Poke
Bowls and Pasta Pots

Selection of Delicious
Filled Breads,
Healthy Salads, Poke
Bowls and Pasta Pots

Selection of Delicious
Filled Breads,
Healthy Salads, Poke
Bowls and Pasta Pots

Selection of Delicious
Filled Breads,
Healthy Salads, Poke
Bowls and Pasta Pots

Selection of Delicious
Filled Breads,
Healthy Salads, Poke
Bowls and Pasta Pots

JUST DESSERTS.

Choose One of Our
Fabulous Desserts
Peach & Vanilla
Sponge
Fruit Yogurt & Coulis
Fresh Fruit Pot

Choose One of Our
Fabulous Desserts
Jam Sponge
Fruit Yogurt & Coulis
Fresh Fruit Pot

Choose One of Our
Fabulous Desserts
Carrot Cake
Fruit Yogurt & Coulis
Fresh Fruit Pot

Choose One Dessert
Fabulous Desserts
Lemon Drizzle Cake
Fruit Yogurt & Coulis
Fresh Fruit Pot

Choose One of Our
Fabulous Desserts
Banoffee Sponge
Fruit Yogurt & Coulis
Fresh Fruit Pot

WEEK 3 MENU

WEEKS: 16/11, 7/12, 11/01, 01/02, 01/03, 22/03

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN EVENT.	Hunters Chicken Wrap Served with Wedges & Slaw	Chicken Tikka Masala Served with Pilau Rice, Naan Bread Fingers & Cucumber Rita	BBQ Pulled Pork, Crispy Onion & Slaw Topped Hash Browns	Beef and Onion Hotpot Served with Seasonal vegetable and Gravy	Battered Fish Fillet Served with Chips, Garden Peas or Beans
MEAT FREE.	BBQ Marinated Quorn Fillet Wrap with Wedges & Slaw	Butternut Squash & Chickpea Korma Served with Pilau Rice, Naan Bread Fingers & Cucumber Rita	Mixed Bean Chiili, Crispy Onion & Sour Cream Topped Hash Browns	Leek Wellington served with Roast Potatoes, Carrots, Cabbage, Yorkshire Pudding and Gravy	Vegetable Buregr served with Chips, Garden Peas or Baked Beans
JACKET POTATOES.	Jacket Potato with a selection of topping Served with Fresh Salad	Jacket Potato with a selection of topping Served with Fresh Salad	Jacket Potato with a selection of topping Served with Fresh Salad	Jacket Potato with a selection of topping Served with Fresh Salad	Jacket Potato with a selection of topping Served with Fresh Salad
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JUST DESSERTS.	Choose One of Our Fabulous Desserts Chocolate Sponge Fruit Yogurt & Coulis Fresh Fruit Pot	Choose One of Our Fabulous Desserts Mixed Berry Sponge Fruit Yogurt & Coulis Fresh Fruit Pot	Choose One of Our Fabulous Desserts Toffee Apple Sponge & Custard Fruit Yogurt & Coulis Fresh Fruit Pot	Choose One Dessert Fabulous Desserts Banana Cake Fruit Yogurt & Coulis Fresh Fruit Pot	Choose One of Our Fabulous Desserts Jaffa Style Sponge Fruit Yogurt & Coulis Fresh Fruit Pot