

RED HEN SCHOOL LUNCH MENU 2023 – SERVERS MENU

WEEK ONE			WEEK TWO			WEEK THREE		
MON	Option 1	HOMEMADE MARGHERITA PIZZA, WEDGES, VEG, KETCHUP	BREADED CHICKEN GOUJONS (2), WEDGES, VEG, KETCHUP		CHICKEN BITES (4), MASH, VEG, KETCHUP			
	Option 2	PENNE PASTA IN HOMEMADE TOMATO SAUCE, WEDGES & VEG	TOMATO AND VEGETABLE PASTA, WEDGES, VEG		VEGETABLE FINGERS (2), MASH, VEG, KETCHUP			
	Option 3	JACKET POTATO WITH BAKED BEANS/CHEESE/TUNA MAYO/BUTTER	JACKET POTATO WITH BAKED BEANS/CHEESE/TUNA MAYO/BUTTER		JACKET POTATO WITH BAKED BEANS/CHEESE/TUNA MAYO/BUTTER			
	Option 4	HAM/CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH	HAM/CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH		HAM/CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH			
	Salad	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES,	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES		CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES			
	Dessert	SUGAR FREE JELLY/FRUIT YOGHURT/FRESH FRUIT	FRUIT YOGHURT/SUGAR FREE JELLY/FRESH FRUIT		SUGAR FREE JELLY/FRUIT YOGHURT/FRESH FRUIT			
TUE	Option 1	OVEN BAKED PORK SAUSAGES (2), GRAVY, MASH POTATO, VEG	OVEN BAKED FISH FINGERS (2), MASH, BAKED BEANS		BEEF BOLOGNESE AND PASTA, VEG			
	Option 2	VEGETARIAN SAUSAGES (2), GRAVY, MASH POTATO, VEG	OVEN BAKED FISHLESS FINGERS (2), MASH, BAKED BEANS		MARGHERITA PIZZA WITH BAKED BEANS, VEG			
	Option 3	JACKET POTATO WITH BAKED BEANS/CHEESE/TUNA MAYO/BUTTER	JACKET POTATO WITH BAKED BEANS/CHEESE/TUNA MAYO/BUTTER		JACKET POTATO WITH BAKED BEANS/CHEESE/TUNA MAYO/BUTTER			
	Option 4	HAM/CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH	HAM/CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH		HAM/CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH			
	Salad	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES		CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES			
	Dessert	ICE CREAM/FRUIT YOGHURT/FRESH FRUIT	BANANA CAKE/FRUIT YOGHURT/FRESH FRUIT		ICE CREAM/FRUIT YOGHURT/FRESH FRUIT			
WED	Option 1	CHILDRENS FISH CAKES (2), WEDGES, HOOPS	BEEF MINCE AND ONION CASSEROLE, ROAST POTATOES, VEG		OVEN BAKED PORK SAUSAGES (2), GRAVY, ROAST POTATOES, VEG			
	Option 2	VEGETARIAN FINGERS (2), WEDGES, HOOPS	SOYA MINCE AND ONION CASSEROLE , ROAST POTATOES, VEG		VEG SAUSAGES (2), GRAVY, ROAST POTATOES, VEG			
	Option 3	JACKET POTATO WITH BAKED BEANS/CHEESE/TUNA MAYO/BUTTER	JACKET POTATO WITH BAKED BEANS/CHEESE/TUNA MAYO/BUTTER		JACKET POTATO WITH BAKED BEANS/CHEESE/TUNA MAYO/BUTTER			
	Option 4	HAM/CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH	HAM/CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH		HAM/CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH			
	Salad	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES		CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES			
	Dessert	APPLE CAKE/FRUIT YOGHURT/FRESH FRUIT	SUGAR FREE JELLY/FRUIT YOGHURT/FRESH FRUIT		FRUIT YOGHURT/SUGAR FREE JELLY/FRESH FRUIT			
THU	Option 1	VEGETABLE BALTI, RICE	HAM, CHEESE AND TOMATO PASTA BAKE, VEG		FISH FINGERS (2), MASH, VEG, KETCHUP			
	Option 2	SWEET AND SOUR VEGETABLES, RICE	VEGETABLE FINGERS (2) WITH MASH POTATO, VEG		FISHLESS FINGERS (2), MASH, VEG, KETCHUP			
	Option 3	JACKET POTATO WITH BAKED BEANS/CHEESE/TUNA MAYO/BUTTER	JACKET POTATO WITH BAKED BEANS/CHEESE/TUNA MAYO/BUTTER		JACKET POTATO WITH BAKED BEANS/CHEESE/TUNA MAYO/BUTTER			
	Option 4	HAM/CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH	HAM/CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH		HAM/CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH			
	Salad	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES		CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES			
	Dessert	FRUIT YOGHURT/FRESH FRUIT/SUGAR FREE JELLY	ICE CREAM/FRUIT YOGHURT/FRESH FRUIT		CHOCOLATE CAKE/FRUIT YOGHURT/FRESH FRUIT			
FRI	Option 1	SAUSAGE TOMATO PASTA BAKE, VEG	OVEN BAKED PORK SAUSAGES (2), WEDGES, SPAG HOOPS		PRIME BEEF BURGER IN A BUN. WEDGES, SPAG HOOPS			
	Option 2	BROCCOLI CAULIFLOWER CHEESE PASTA BAKE, VEG	VEGETARIAN SAUSAGES (2), WEDGES, SPAG HOOPS		VEGGIE BURGER IN A BUN, WEDGES, SPAG HOOPS			
	Option 3	JACKET POTATO WITH BAKED BEANS/CHEESE/TUNA MAYO/BUTTER	JACKET POTATO WITH BAKED BEANS/CHEESE/TUNA MAYO/BUTTER		JACKET POTATO WITH BAKED BEANS/CHEESE/TUNA MAYO/BUTTER			
	Option 4	HAM/CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH	HAM/CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH		HAM/CHEESE OR TUNA MAYO SANDWICH PACKED LUNCH			
	Salad	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES, BAGUETTE SLICES	CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES,		CARROT STICKS, CUCUMBER STICKS, CHERRY TOMATOES			
	Dessert	FAIRY CAKE/FRUIT YOGHURT/FRESH FRUIT	COOKIES (2)/FRUIT YOGHURT/FRESH FRUIT		STRAWBERRY SPONGE SWIRL/FRUIT YOGHURT/FRESH FRUIT			