

# BG School Lunch Menu

Week A

|                                                                                                                     | Monday                                                                                                              | Tuesday                                        | Wednesday                                                                                                           | Thursday                                               | Friday                                                                                                              |
|---------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|
| <b>1<sup>st</sup> Option</b>                                                                                        | Pizza – Margarita<br>(G)(MK)                                                                                        | Mild Chicken Curry<br>with Rice                | Meatballs in a<br>tomato pasta sauce<br>(G)                                                                         | Toad-in-the-hole<br>with gravy (G)(E)(MK)              | Homemade Chicken<br>Nuggets (MK)(G)(E)                                                                              |
| <b>2<sup>nd</sup> Option</b>                                                                                        | Spanish Omelette –<br>made with egg,<br>potato and onion (E)                                                        | Plant based sausage<br>Hot Dog<br>(G)(SO)(SD)  | Pizza Pin Wheels with<br>diced potatoes (MK)(G)                                                                     | Vegetable Risotto<br>(MK)(C)                           | Vegetable<br>Carbonara (E)(MK)(G)                                                                                   |
| <b>Side dish</b>                                                                                                    | Wedges, Beans,<br>Sweetcorn                                                                                         | Peas, Carrots                                  | Broccoli, Sweetcorn                                                                                                 | Roast potatoes,<br>carrots, peas                       | Beans, chips,<br>sweetcorn                                                                                          |
| <b>3<sup>rd</sup> Option</b>                                                                                        | Jacket Potato with<br>Choice of toppings,<br>beans, beans &<br>cheese (MK), cheese<br>(MK), Tuna Mayo<br>(E)(MU)(F) | Pasta in a Tomato<br>Sauce (G)                 | Jacket Potato with<br>Choice of toppings,<br>beans, beans &<br>cheese (MK), cheese<br>(MK), Tuna Mayo<br>(E)(MU)(F) | Pasta in a Tomato<br>Sauce (G)                         | Jacket Potato with<br>Choice of toppings,<br>beans, beans &<br>cheese (MK), cheese<br>(MK), Tuna Mayo<br>(E)(MU)(F) |
| <b>Snack option</b>                                                                                                 | Egg mayo wholemeal<br>bread roll (G)(E)(MU)                                                                         | Cheese wholemeal<br>Roll (G)(MK)               | Tuna Mayo<br>Wholemeal Roll<br>(E)(MU)(F)                                                                           | Fish Fingers<br>wholemeal roll (G)(F)                  | Cheese wholemeal<br>Roll (G)(MK)                                                                                    |
| <b>Dessert</b>                                                                                                      | Chocolate Chip Cookies<br>(G)(SO)(E)(MK),<br>Fruit or Yogurt (MK)                                                   | Fruit Muffin (MK)(G)(E),<br>Fruit, yogurt (MK) | Ginger Biscuits (G)(E),<br>Fruit, yogurt (MK)                                                                       | Chocolate Brownie (E)<br>(G)(SO)<br>Fruit, yogurt (MK) | Shortbread<br>(G)<br>Fruit or Yogurt (MK)                                                                           |
| All Jacket Potatoes and Bread Rolls have a side salad. A slice of baguette is available to accompany the main meal. |                                                                                                                     |                                                |                                                                                                                     |                                                        |                                                                                                                     |