

Week one	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Chicken and vegetable Korma	Toad in the hole (pork sausages) with gravy	Ham and cheese pasta carbonara	Roast chicken with stuffing dinner	Fish burger in a 50/50 bun with lettuce and tomato
Main vegetarian/vegan meal	Vegetable curry	Toad in the hole (vegetarian sausage) In vegetarian gravy	Mac and cheese pasta	Baked cauliflower cheese	Veggie burger
Light bite	Jacket potato with choice of cheese, tuna mayo or baked beans	Jacket potato with choice of cheese, tuna mayo or baked beans	Jacket potato with choice of cheese, tuna mayo or baked beans	Jacket potato with choice of cheese, tuna mayo or baked beans	Jacket potato with choice of cheese, tuna mayo or baked beans
Salad option	Ham salad	Cajun chicken salad in a wholemeal wrap	Tomato pasta salad	Tuna mayonnaise and sweetcorn wholemeal wrap	Mixed cheese Salad with optional mayonnaise
Vegetables	Rice and	Creamy mashed potato, green beans	Sweetcorn	Roast potatoes, carrots and broccoli	Sweetcorn and peas
Dessert	Chocolate angel delight	Yoghurt	Sponge and custard	Yoghurt	Toffee sponge

Please speak to the Catering team if you have any concerns or questions about the contents of our dishes zoe.corry@laconchilideschool.co.uk

Week two	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Sweet and sour chicken	Roast beef dinner with Yorkshire pudding	Meatballs in tomato sauce	Pork Dinner with stuffing	Fish cake
Main vegetarian/vegan meal	Stir fry vegetable sweet and sour	Quorn dinner with Yorkshire pudding	Meatless balls in tomato sauce	Broccoli and cheese bake	Veggie fingers
Light bite	Jacket potato with choice of cheese, tuna mayo or baked beans	Jacket potato with choice of cheese, tuna mayo or baked beans	Jacket potato with choice of cheese, tuna mayo or baked beans	Jacket potato with choice of cheese, tuna mayo or baked beans	Jacket potato with choice of cheese, tuna mayo or baked beans
Salad option	Herby tomato pasta salad	BBQ chicken wrap	Tuna and sweetcorn salad	Egg and cress salad wholemeal wrap	Cheese and coleslaw Salad
Vegetables	Fluffy rice and naan bread	Roast potatoes, broad beans, carrots, gravy	Pasta	Roast potatoes and mix veg and gravy	Mashed potato and baked beans
Dessert	Strawberry angel delight	Yoghurt	Chocolate sponge and custard	Yoghurt	Iced sponge cake

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