

SUNNYDOWN LUNCH MENU: Spring Term 2024

WEEK 1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH Homemade Soup Everyday	FRESH HOT MAINS	Chicken & ginger puff pie MILK, WHEAT	Beef meatballs in Marinara sauce CELERY, SOYA	Sweet & sour crispy chicken CELERY, SOYA	Beef Burrito WHEAT, CELERY, SOYA	Fish Fingers WHEAT, EGGS
	MEAT FREE	Creamy vegetable Puff pie MILK, WHEAT	Veggie meatballs in Marinara sauce CELERY, SOYA	Crispy sweet & sour vegetables CELERY, SOYA	Vegetable Burrito WHEAT, CELERY, SOYA	Veggie Sausages WHEAT
	SIDES	Broccoli Roast new potatoes WHEAT	Pesto Focaccia pasta WHEAT	Egg noodles EGGS	Salsa Cheese Sour Cream MILK	Chips Peas
	DESSERT	Cookies WHEAT	Marble cake MILK, EGGS	Jammie Dodger Blondie MILK, EGG, WHEAT	Banana & cinamon loaf MILK	Jelly pot

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WEEK 2		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH <i>Homemade Soup Everyday</i>	FRESH HOT MAINS	Homemade Margarita pizza WHEAT, CHEESE	Homemade chicken nuggets	Toad in the Hole WHEAT, EGGS, MILK	Chicken Tikka Masala	Beef burgers
	MEAT FREE	Cheese or tomato sauce pasta WHEAT, CHEESE	Cheesy potato nuggets WHEAT, CHEESE	Veggie Toad in the Hole WHEAT, EGGS, MILK	Veggie Tikka Masala	Veggie burgers
	SIDES	Mixed Leaves Coleslaw EGGS	Jacket wedges Sweetcorn	Mashed potato Peas Gravy	Pilau rice Coriander naan WHEAT	Chips Salad
	DESSERT	Flapjack WHEAT	Apple & cinnamon scones	Homemade muffins WHEAT, EGGS	Homemade cheesecake MILK, WHEAT	Ice Cream

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WEEK 3		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH <i>Homemade Soup Everyday</i>	FRESH HOT MAINS	Chilli dog WHEAT, CELERY, SOYA	Chargrilled cajun chicken	Roast pork gravy CELERY, SOYA	Sausage roll WHEAT, EGGS	Southern fried chicken thighs
	MEAT FREE	Vegetable chilli dog WHEAT, CELERY, SOYA	Roasted veg focaccia slice WHEAT	Roasted tomato roulade	Bubble & Squeak topped with a poached egg	Mac & cheese balls Tomato chutney WHEAT, CHEESE
	SIDES	Salad tortillas	Spicy rice Roasted med veg	Stuffing Roast potato Minted cabbage Carrots	Baked beans Diced potato	Chips BBQ beans
	DESSERT	Rocky Road WHEAT, MILK	Lemon drizzle cake EGG	Treacle sponge & custard WHEAT	Raspberry crumble slice WHEAT	Ice lolly MILK