

SUNNYDOWN LUNCH MENU: January to Easter Term



WEEK 1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH Homemade Soup Everyday	FRESH HOT MAINS	<i>Beef meatballs in Marinara sauce</i>	<i>Ham & cheese panini</i>	<i>BBQ chicken</i>	<i>Beef lasagne</i>	<i>Breaded fish</i>
	MEAT FREE	<i>Veggie meatballs</i>	<i>Cheese & tomato panini</i>	<i>BBQ roast vegetables</i>	<i>Mac & Cheese</i>	<i>Pitta pizza bread</i>
	SIDES	<i>Pasta Garlic dough balls Broccoli</i>	<i>Rainbow slaw Potato wedges</i>	<i>Curly fries Sweetcorn</i>	<i>Garlic bread Salad</i>	<i>Chips Peas</i>
	DESSERT	<i>Chocolate Brownie</i>	<i>Orange jelly pot</i>	<i>Jammie dodger Blondie</i>	<i>Blueberry muffins</i>	<i>Sunnydown Mess</i>
WEEK 2		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH Homemade Soup Everyday	FRESH HOT MAINS	<i>Beef chilli con carni</i>	<i>Chicken Calzone</i>	<i>Roast pork</i>	<i>Homemade breaded chicken goujons</i>	<i>Burgers</i>
	MEAT FREE	<i>Veggie chilli</i>	<i>Roasted med veg & mozzarella calzone</i>	<i>Roasted butternut squash pasta</i>	<i>Homemade breaded halloumi</i>	<i>Veggie bean burgers</i>
	SIDES	<i>White rice Homemade tortilla chips</i>	<i>Green salad Road med veg</i>	<i>Stuffing Roast potatoes Broccoli/cauliflower Gravy</i>	<i>Wedges BBQ beans</i>	<i>Dips Cheese Tomatoes Salad</i>
	DESSERT	<i>Banana cinnamon & toffee cake</i>	<i>Raspberry jelly</i>	<i>Berry cheesecake</i>	<i>Tottenham sponge</i>	<i>Ice cream</i>

WEEK 3		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH Homemade Soup Everyday	FRESH HOT MAINS	<i>Cottage pie</i>	<i>Gammon steaks & grilled pineapple</i>	<i>Roast beef</i>	<i>Chicken Bhuna</i>	<i>Meat Feast pizza</i>
	MEAT FREE	<i>Veggie cottage pie</i>	<i>Roasted vegetable & herb risotto</i>	<i>Butternut squash pasta bake</i>	<i>Veg Bhuna</i>	<i>Margarita pizza</i>
	SIDES	<i>Crinkle cut carrots</i> <i>Gravy</i>	<i>Saute potatoes</i> <i>Baked beans</i>	<i>Roast potato</i> <i>Yorkshire pudding</i> <i>Roast parsnips</i>	<i>Pilau rice</i> <i>Chutney</i> <i>Coriander naan</i>	<i>Chips</i> <i>Salad</i>
	DESSERT	<i>Jammy crumble</i> <i>Slice</i>	<i>Treacle tart & custard</i>	<i>Coconut & chocolate drizzle flapjack</i>	<i>Chocolate chip cookies</i>	<i>Granola & fruit yoghurt</i>