RED HEN SCHOOL LUNCH MENU NOVEMBER-DECEMBER 26

		WEEK ONE	WEEK TWO	WEEK THREE
MON	Opt 1	CHICKEN BITES (4)	CHICKEN TENDERS (3)	FISH FINGERS (2)
	Opt 2	VEGETARIAN SAUSAGE ROLLS (3)	VEGETABLE BITES (3)	FISHLESS FINGERS (2)
	Sides	POTATO WEDGES, MIXED VEG AND KETCHUP	POTATO CUBES, PEAS, CARROTS AND BBQ SAUCE	MASHED POTATO, BEANS
	Dessert	APPLE CAKE/FRUIT YOGHURT/FRESH FRUIT	FLAPJACK/FRUIT YOGHURT/FRESH FRUIT	CARROT CAKE/FRUIT YOGHURT/FRESH FRUIT
TUE	Opt 1	CHEESE AND TOMATO PIZZA	BEEF LASAGNE	OVEN BAKED PORK SAUSAGE (1) AND HOT DOG ROLL
	Opt 2	PASTA TWISTS IN HOMEMADE TOMATO SAUCE	VEGETARIAN LASAGNE	VEGETARIAN SAUSAGES (2) AND HOT DOG ROLL
	Sides	SPAGHETTI HOOPS, PEAS AND SWEETCORN	PEAS AND SWEETCORN	POTATO WEDGES, SWEETCORN AND KETCHUP
	Dessert	STRAWBERRY ICE CREAM/FRUIT YOGHURT/FRESH FRUIT	ICE CREAM/FRUIT YOGHURT/FRESH FRUIT	ICE CREAM/FRUIT YOGHURT/FRESH FRUIT
WED	Opt 1	CHICKEN KORMA CURRY	CHICKEN TIKKA MASALA CURRY	ROAST CHICKEN DINNER
	Opt 2	VEGETARIAN (SOYA) KORMA CURRY	VEGETARIAN (SOYA) TIKKA MASALA CURRY	CHICKEN STYLE SOYA
	Sides	TURMERIC RICE	RICE AND TORTILLAS	ROAST POTATOES,MIXED VEG AND GRAVY
	Dessert	BANANA CAKE/FRUIT YOGHURT/FRESH FRUIT	STRAWBERRY JELLY/FRUIT YOGHURT/FRESH FRUIT	BLACKCURRANT JELLY/FRUIT YOGHURT/FRESH FRUIT
THU	Opt 1	JACKET POTATO DAY	BEEF BURGER IN A BUN	BEEF COTTAGE PIE
	Opt 2		VEGGIE BURGER IN A BUN	
	Sides	CHILLI, BEANS AND OR CHEESE, TUNA SWEETCORN MAYO	POTATO WEDGES, SWEETCORN AND KETCHUP	VEGETARIAN COTTAGE PIE MIXED VEGETABLES
	Dessert	ROCKY ROAD CAKE/FRUIT YOGHURT/FRESH FRUIT	CARAMEL CAKE/FRUIT YOGHURT/FRESH FRUIT	CHOCOLATE ICE CREAM/FRUIT YOGHURT/FRESH FRUIT
FRI	Opt 1	FISH FINGERS (2) IN A BAP	OVEN BAKED PORK SAUSAGES (2)	CHICKEN STRIPS (2) FLOUR TORTILLA WRAP
	Opt 2	FISHLESS FINGERS (2) IN A BAP	VEGETARIAN SAUSAGES (2)	VEGETABLE FINGERS (2) FLOUR TORTILLA WRAP
	Sides	CRISPY POTATO CUBES, BEANS AND KETCHUP	HASH BROWNS, BEANS, FRESH TOMATO	CRISPY POTATO CUBES, HOOPS AND BBQ SAUCE
	Dessert	RASPBERRY JELLY/FRUIT YOGHURT/FRESH FRUIT	CRISPY CORNFLAKE SLICE/FRUIT YOGHURT/FRESH FRUIT	MIXED BERRY CAKE/FRUIT YOGHURT/FRESH FRUIT