

## September 2023 - Rawdon Littlemoor Lunches

		Option 1	Vegetarian	Served with	Dessert
Week 1	Monday	Chicken burger in a bun	Quorn burger in a bun	Potato wedges, peas & sweetcorn	Banana Cake
	Tuesday	Sausages, hash brown & omelette	Veggie sausages, hash brown, 1/2 roasted tomato	Baked beans & crusty bread	Fruit Muffin
	Wednesday	Roast chicken & gravy, roasted potatoes, sage & onion stuffing	Quorn fillet & gravy, roasted potatoes, sage & onion stuffing	Cabbage & carrots	Fruit & Ice Cream
	Thursday	Beef & vegetable stew, Yorkshire pudding & mashed potato	Quorn & vegetable stew, Yorkshire pudding & mashed potato	Green beans	Jammy Jack
	Friday	Fish fingers & chips	Fish-less fingers & chips	Garden peas Baked beans	Coconut Sponge & Custard
Week 2	Monday	Margherita pizza with potato wedges	Margherita pizza with potato wedges	Baked beans	Oaty Fruit Crumble & Chocolate Sauce
	Tuesday	Chicken curry & rice. Mini naan bread	Roasted vegetable curry & rice. Mini naan bread	Garden peas	Fruit Mousse
	Wednesday	Roasted gammon & gravy, roasted potatoes, sage & onion stuffing	Quorn Fillet & Gravy Roasted Potatoes, Sage & Onion Stuffing	Cabbage & carrots	Short Bread
	Thursday	Mince beef pie with new potatoes & gravy	Cheese & tomato pinwheel with new potatoes	Peas & sweetcorn	Fruit Jelly
	Friday	Fish fingers & chips	Omelette & chips	Garden peas Baked beans	Treacle Sponge & Custard
Week 3	Monday	Jacket potato with fillings of baked beans, cheese & tuna	Jacket potato with fillings of baked beans, cheese & tuna	Salad	Ice cream
	Tuesday	Beef cottage pie & gravy	Cheesy pasta	Broccoli & carrots Garlic bread	Queen of Heart Biscuit
	Wednesday	Roast turkey, roasted potatoes, sage & onion stuffing	Quorn fillet & gravy, roasted potatoes, sage & onion stuffing	Cabbage & carrots	Oat Biscuit & Fruit Salad
	Thursday	Pork meatballs served in tomato sauce with pasta	Roasted vegetable pasta, peas & carrots	Garlic bread	Fruit Flapjack
	Friday	Fish fingers & chips	Vegetable nuggets & chips	Garden peas Baked beans	Chocolate & Orange Muffin with Custard

*Available every day - white & wholemeal bread, fresh water, fruit yogurt and fresh fruit*