

BG School Lunch Menu

Week B

	Monday	Tuesday	Wednesday	Thursday	Friday
1st Option	Crispy Chicken (G)(MK)	Homemade Beef burger in a bun (G)	Lasagne (G)(MK)	Chicken Skewers with Rice and Tzatziki	Hot dogs made with premium sausages in a hot dog roll (G)(SD)
2nd Option	Spanish Omelette – made with egg, potato and onion (E)	Vegetable Stir Fry with Egg Noodles (SO)(E)	Pizza Pin Wheels with diced potatoes (MK)(G)	Quorn nuggets in cheese and BBQ sauce in Pitta (G)	Creamy vegetable pasta (G)(MK)
Side dish	Wedges, Beans, Sweetcorn	Chips, Sweetcorn, Peas	Salad and Coleslaw (E)(MU)	Sweetcorn, Peas	Wedges, Sweetcorn, Beans
3rd Option	Jacket Potato with Choice of toppings, beans, beans & cheese (MK), cheese (MK), Tuna Mayo (E)(MU)(F)	Pasta in a Tomato Sauce (G)	Jacket Potato with Choice of toppings, beans, beans & cheese (MK), cheese (MK), Tuna Mayo (E)(MU)(F)	Pasta in a Tomato Sauce (G)	Jacket Potato with Choice of toppings, beans, beans & cheese (MK), cheese (MK), Tuna Mayo (E)(MU)(F)
Snack option	Tuna Mayo Wholemeal Roll (E)(MU)(F)	Cheese wholemeal Roll (G)(MK)	Tuna Mayo Wholemeal Roll (E)(MU)(F)	Fish Fingers wholemeal roll (G)(F)	Cheese wholemeal Roll (G)(MK)
Dessert	Fruit Muffin (MK)(G)(E), Fruit, yogurt (MK)	Chocolate Brownie Cookie (E) (G)(SO) Fruit, yogurt (MK)	Jelly Fruit, yoghurt (MK)	Flapjack (G), Fruit or Yogurt (MK)	Rice Krispie Cake (SO)(MK) Fruit or Yogurt (MK)

All Jacket Potatoes and Bread Rolls have a side salad. A slice of baguette is available to accompany the main meal.