

LUNCH MENU WEEK 2

100	BASILDON ACADEMIES	Monday	Tuesday	Wednesday	Thursday	Friday
3	Main Meal Option 1	Vegetable Lasagne	Sweet & Sour Chicken	Chef's Roast	Chilli Con Carne	Sausage
	Main Meal Option2	French Bread Pizza	Chinese Chicken Curry	Toad in the Hole	Loaded Chicken & Vegetable Quesadillas	Individual Meat Pie
The Party of the P	Vegetarian Meal Option 1	Cheese & Tomato Quesadillas	Vegetable & Noodle Stir Fry	Veggie Roast Yorkshire Pudding	Quorn Mince Chilli Con Carne	Quorn Sausage
	Vegetarian Meal Option 2	Roasted Vegetable Panini	Vegetable Curry	Quorn Sausage Toad in the Toad	Loaded Vegetable Quesadillas	Individual Vegetable Pie
Prof.	On the Side	Vegetables Baby Potatoes Coleslaw Salad	Super Veggie Spring Roll Chinese Fried Rice Salad	Roasted Potatoes Vegetables Salad	Rice Mexican Potatoes Salad	Chips Beans Curry Sauc <mark>e</mark> Salad
	Pasta King Pot	Pomodoro BBQ Quorn	Firecracker Chicken Basilico	Veggie Bolognese Spicy Sausage	Mediterranean Pizza Texan BBQ Meatballs	BBQ Sausage Tomato & Mascarpone
The same of the sa	Oven Baked Jacket Potato	Toppings Cheese Beans	Toppings Cheese or Beans Tuna Mayo	Toppings Cheese or Beans Tuna Mayo	Toppings Cheese or Beans Tuna Mayo	Toppings Cheese or Beans Tuna <mark>Mayo</mark>
	Dessert	Chocolate Cherry Sponge & Custard Fruit Pot/Jelly Pot Yoghurt	Apple Puff & Ice Cream Fruit Pot/Jelly Pot Yoghurt	Lemon Drizzle Cake Fruit Pot/Jelly Pot Yoghurt	Belgian Waffle with Strawberries & Chocolate Sauce Fruit Pot/Jelly Pot Yoghurt	Apple Crumble & Custard Fruit Pot/Jelly Pot Yoghurt