

LUNCH MENU WEEK 1

BASILDON ACADEMIES	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal Option 1	Quorn Sausage Toad in the Hole	Mexican Chicken Bun	BBQ Chicken	Creamy Sausage Tagliatelle	Fish Finger Sub with Lettuce & Mayo
Main Meal Option2	Vegetable Pasta Bake	Meatballs	Sweet Chilli Dogs	Cajun Chicken Traybake	BBQ Chicken Wings
Vegetarian Meal Option 1 Vegetarian Meal Option 2	Veggie Wrap Cheese & Tomato Quiche	Quorn Meatballs Breadcrumb Veggie Burger	BBQ Quorn Chicken Sweet Chilli Quorn Dog	Cajun Vegetable Wrap Creamy Tagliatelle	Vegetable Curry Vegetable Finger Sub with Lettuce & Mayo
On the Side	New Potatoes Freshly Prepared Coleslaw Salad Peas	Mexican Potatoes Corn on the Cob Salad Pasta	Baked Beans Wedges Freshly Prepared Coleslaw	Spanish Pasta Salad Rice Salad	Skin-on Wedges Sweetcorn Savoury Rice
Pasta King Pot	Chinese Vegetable Curry Basilico	Sweet Chilli Chicken Arrabbiata	Amigo Meatballs Pomodoro	Spicy Sausage Zingy Peppers	Texan BBQ Meatballs Tomato & Mascarpone
Oven Baked Jacket Potato	Toppings Baked Beans Cheese	Toppings Chilli Baked Beans Cheese	Toppings Tuna Mayonnaise Baked Beans Cheese	Toppings Spicy Baked Beans Cheese	Toppings Baked Beans Cheese
Dessert	Fruit Trifle	Chocolate Pudding & Vanilla Ice Cream	Ring Doughnuts	Apple Crumble Sundae	Carrot Square Cakes