

LUNCH MENU WEEK 3

Basildon academies	Monday	Tuesday	Wednesday	Thursday	Friday
All Indian					
Main Meal Option 1	Creamy Pepper Pasta	Crispy Chicken Burger	Chicken, Vegetable & Potato Stew	Shepherd's Pie	Bubble Crumb Fish Bites
Main Meal Option 2	Cheese & Tomato Panini	Hot Dog & Onions	Meatball Sub Roll	Cornish Pasty	Mighty Meaty Pizza
Vegetarian Meal Option 1	Roasted Vegetable Panini	Crumbed Vegetable Burger	Veggie Dumpling Stew	Veggie Shepherd's Pie with Sweet Potato Mash	Mac 'n' Cheese Bites
Vegetarian Meal Option 1	Cheese & Veggie Quesadillas	Quorn Dog & Onions	Veggie Meatball Sub Roll	Cheese & Onion Pasty	Margherita Pizza
On the Side	Coleslaw Garlic New Potatoes Salad	Classic Potato Salad Seasoned Onion Rings Salad	Dumplings Mashed Potatoes Coleslaw Salad	Roasted Winter Vegetables Mash Salad Mushy Peas	Creamy Coleslaw Seasoned Wedges Salad
Pasta King Pot	Mediterranean Pizza Veggie Bolognese	Basilico Bangers & Beans	Chilli Beef Tomato & Mascarpone	Spicy Sausage Pomodoro	Smokey Pepperoni Tomato & Mascarpone
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 Mayo
Dessert	Chocolate Sponge & Chocolate Custard Fruit Pot/Jelly Pot Yoghurt	Banoffee Pie Fruit Pot/Jelly Pot Yoghurt	Raspberry and Lemon Cake Fruit Pot/Jelly Pot Yoghurt	Dipping Doughnuts Fruit Pot/Jelly Pot Yoghurt	Jam Sponge & Custard Fruit Pot/Jelly Pot Yoghurt