

Redbridge 2 Choice Spring 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chicken Sausage Hot Dog with Wedges	Lamb Lasagne	Roast Chicken & Gravy with Roast Potatoes	Quorn Paella	Salmon and White Fish Fingers with Chips
Option 2	Quorn Sausage Hot Dog with Wedges	Spicy Bean Burger	Macaroni Cheese	Roasted Mediterranean Vegetable Pizza	Sweet Potato & Lentil Curry with Rice
Alternative Option					
Vegetables	Green Beans & Carrots	Peas & Cauliflower	Broccoli & Carrots	Coleslaw & Sweetcorn	Peas & Baked Beans
Dessert of the day	Eve's Pudding	Pear & Chocolate Sponge	Jelly	Fruity Flapjack	Frozen Toffee Yoghurt
Dates week commencing	Week 1: 1st Oct				
Option 1	Chicken Chow Mein	Lamb Pasta Bolognese	Roast Turkey & Gravy with Roast Potatoes	Pasta with Quorn in a Tomato Sauce	Fish Fingers & Chips
Option 2	Cheese & Onion Flan with New Potatoes	Cheese, Tomato & Basil Pinwheel	Tarka Dahl Curry & Rice	Red Onion & Sweetcorn Pizza	Quorn Frankfurter & Chips
Alternative Option					
Vegetables	Green Beans & Sweetcorn	Broccoli & Carrots	White Cabbage & Peas	Fruity Coleslaw & Sweetcorn	Peas & Baked Beans
Dessert of the day	Peach Upside Down Sponge	Oat & Sultana Biscuit	Lemon & Courgette Cake	Jelly & Mandarins	Frozen Strawberry Yoghurt
Dates week commencing	Week 2: 17th Sept, 8th Oct				
Option 1	Chicken Curry & Rice	Shepherd's Pie	Roast Chicken & Gravy with Roast Potatoes	Quorn & Vegetable Pie	Fish Fingers & Chips
Option 2	Cheese & Vegetable Whirl Puff with Crushed Potatoes	Falafel & Salad Pittas	Vegetable & Lentil Loaf & Gravy with Roast Potato	Margherita Pizza	Jacket Potato with Baked Beans
Alternative Option					
Vegetables	Carrots & Green Beans	Cauliflower & Peas	Carrots & Broccoli	Sweetcorn & Roasted Vegetables	Peas & Baked Beans
Dessert of the day	Pear & Vanilla Sponge	Apple & Berry Crumble with Custard	Ice Cream	Summer Berry Sponge	Crispy Cake
Dates week commencing	Week 3: 24th Sept, 15th Oct				