

Richmond - June to October 2017

Holy Trinity

	Monday	Tuesday	Wednesday	Thursday	Friday	TOTAL
Option 1	FR Chicken Curry with Rice R04281 R00242	ORG Beef Lasagne R08019	Roast Pork (R01426) & Gravy (R07574) with Roast Potatoes (R07575)	Oriental Sticky Salmon Wrap	Fish Fingers & Chips	
Option 2	Macaroni Cheese R07849	Chickpea and Lentil Curry with Wholegrain Rice R03285 R06052	(FRY'S) Roast Soya Fillet Strips & Gravy with Roast Potatoes	(50/50) Margherita Popeye Pizza (R07840)	Homemade Vegetable Cheese Burger & Chips	
Alternative Option	Jacket Potato & Baked Beans R01184	Cheese & Cucumber Roll R05518	Tuna Mayonnaise & Salad Wrap R03341	Jacket Potato & Coleslaw R06405	Jacket Potato & Ratatouille R05746	
Vegetables	Carrots R07578 Peas R07596	Cauliflower R00161 Green Cabbage R04307	Carrots Green Vegetable Medley	Sweetcorn Mixed Bean Salad	Peas Baked Beans	
Dessert of the day	Lemon Shortbread R07926	(50% Fruit) Apple Crumble & Vanilla Ice Cream R07955 R07581	Carrot Cake R07918 R04588	(50% Fruit) Pear Sponge & Custard R07943 R07833	Oat Dream Cookie	
Dates week commencing	5th June; 26th June; 17th July; 18th Sept; 9th October					
Option 1	Hot Dog with Baked Jacket Wedges R07625 R07614 R02524	(ORG) Cottage Pie R07997	Roast Gammon (R01681) & Gravy (R07574) with Roast Potatoes (R07575)	(50/50) Chicken and Sweetcorn Pizza (R07971)	Fish Fingers & Chips R07593 R07594	
Option 2	Vegetable Chow Mein R01889	Bean and Lentil Pasta R05517 R07941	Vegetable & Butterbean Gratin with Roast Potatoes	(50/50) Margherita Popeye Pizza (R07840)	Sticky Quorn Sausages & Chips	
Alternative Option	Jacket Potato & Cheese R01580	Mozzarella, Tomato & Basil Melt R04676	Jacket Potato & Baked Beans R01184	Tuna Mayonnaise & Sweetcorn Roll R00582	Egg Mayonnaise & Cress Roll R03833	
Vegetables	Broccoli R00160 Sweetcorn R07589	Carrots R07578 Peas R07596	Green Beans Honey Roasted Root Vegetables	Sweetcorn Mixed Green Salad	Peas Baked Beans	
Dessert of the day	Frozen Toffee Yoghurt R04079	Fruity Flapjack R04586	(50% Fruit) Pineapple Upside Down Sponge & Vanilla Ice Cream R07838 R07581	(50% Fruit) Strawberry Jelly & Mandarins	Vanilla Sponge & Custard R07897 R07833	
Dates week commencing	12th June; 3rd July; 4th September; 25th September; 16th October					
Option 1	Pork Sausages (R07625) & Baked Jacket Wedges (R07614)	(Beef) Spaghetti Bolognese R02877	Roast Chicken Breast & Gravy with Roast Potatoes R07573 R07574 R07575	(50/50) Organic Beef / FA Chicken Meat Feast Pizza (R07839)	Fish Fingers & Chips	
Option 2	Cheese & Tomato Pasta R07855	Mexican Bean Rice Wrap R04096	(FRY'S) Vegetarian Sausage & Gravy with Roast Potatoes	(50/50) Margherita Popeye Pizza (R07840)	Wholemeal Cheese and Tomato Quiche & Chips R07909 R07594	
Alternative Option	Jacket Potato with Tuna Mayonnaise & Sweetcorn R02729	Vegetable Soup R05026	Jacket Potato & Baked Beans R01184	Jacket Potato with Vegetable Bean Chilli R01892	Cheese & Cucumber Roll R05518	
Vegetables	Mixed Vegetables R05200 Carrots R07578	Broccoli R00160 Cauliflower R00161	Carrots Leeks & Green Beans	Sweetcorn R07589 Cucumber sticks R00562	Peas Baked Beans	
Dessert of the day	Courgette & Lemon Cake R07919	50% Fruit Apple & Cinnamon Sponge R07945	(50% Fruit) Pear and Berry Crumble & Custard R07962 R07833	Iced Bun	Strawberry Jelly (R07580) & Vanilla Ice Cream (R07581)	
Dates week commencing	19th June; 10th July; 11th September; 2nd October					



Feeding Hungry Minds

The following are available daily: Freshly prepared salad bar containing 4-6 choices (minimum of 3 with no dressing)
Organic fresh white & wholemeal crusty bread
Selection of seasonal fresh fruit and low fat yoghurts
Chilled water
The carbohydrate is incorporated in the whole dish unless otherwise stated

