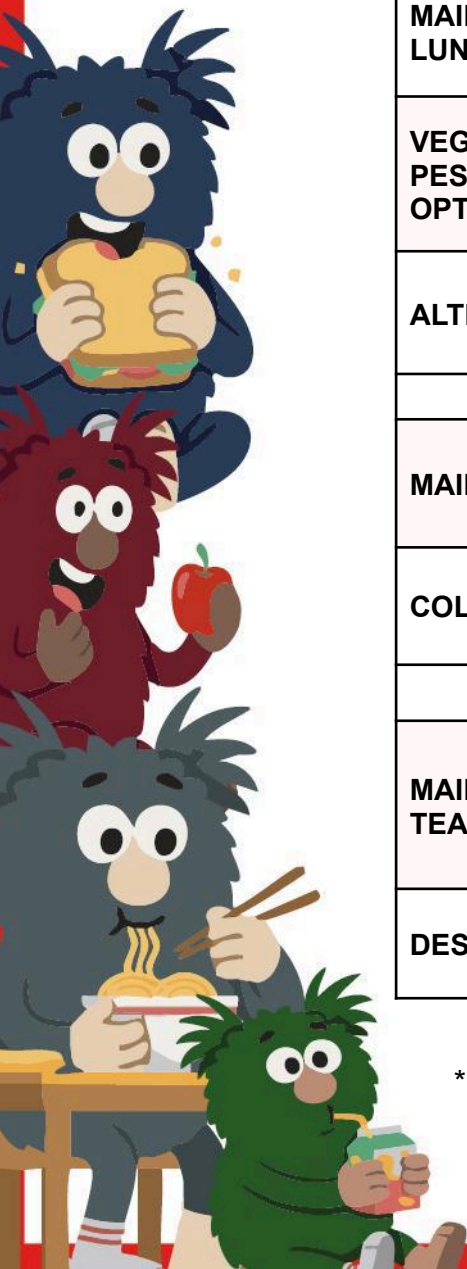




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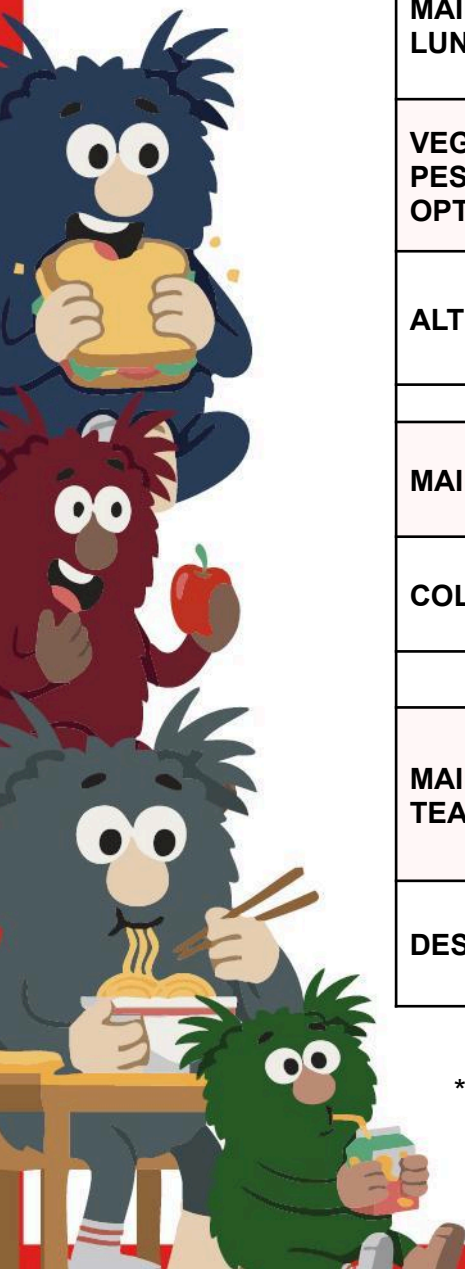


WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE - LUNCH</b>	*Turkey meatballs & pasta	*Cottage pie & Yorkshire pudding	*Sweet & sour chicken & rice	*Beef lasagne & garlic bread	*Pizza with assorted toppings and salad
<b>VEGETARIAN / PESCATARIAN OPTION</b>	Cheese & vegetarian quesadilla	Vegetarian sausage roll, vegetables, roast potatoes	Creamy salmon tagliatelle	Homemade vegetable soup	Fishcake, potatoes, peas
<b>ALTERNATIVE</b>	Jacket potato, cheese & beans	Ham cheese or tuna bap with salad	Pesto pasta	Tomato & vegetable pasta bake	Jacket potato, cheese & beans
<b>MAIN DESSERT</b>	Natural yoghurt, honey & granola	Marble cake	Warm pancakes, jam & squirty cream	Coconut & vanilla rice pudding	Rocky road cake
<b>COLD DESSERT</b>	Fresh fruit or yogurt	Fresh fruit or yogurt	Fresh fruit or yogurt	Fresh fruit or yogurt	Fresh fruit or yogurt
<b>MAIN COURSE - TEA</b>	Spanish chicken & rice	Ravioli on toast	Jacket potatoes cheese & beans	Cheese/ham toasties & salad	Sausage casserole & Yorkshire pudding
<b>DESSERT</b>	Flapjack	Fresh fruit or yogurt	Chocolate mousse/fruit	Bakewell slice/fresh fruit	Fresh fruit or yogurt

\*Reception, Pre-school and Nursery Lunch



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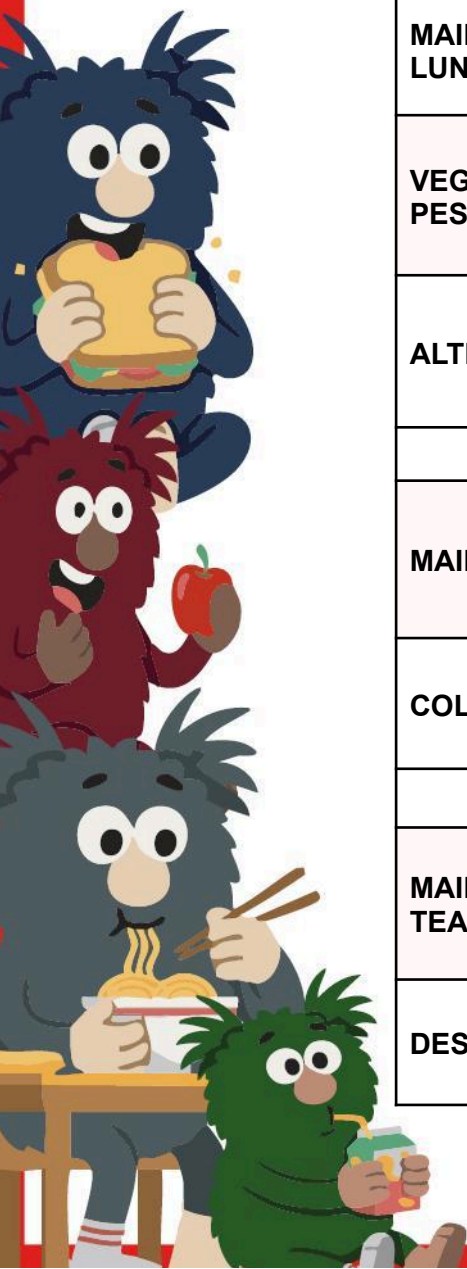


WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE - LUNCH</b>	*Chicken tikka masala & basmati rice	*Beef stew & dumpling & Yorkshire pudding	*Sausage, mash, peas & gravy	*Chicken fajita pasta bake	*Beef or chicken burger & salad
<b>VEGETARIAN / PESCATARIAN OPTION</b>	Quiche, new potatoes & vegetables	Creamy vegetable pasta bake	Fish pie & mixed vegetables	Fish finger subs & salad	Asian style veggie noodles
<b>ALTERNATIVE</b>	Cheese pasta	Jacket potato, cheese & beans	Ham/cheese bap & salad	Pesto pasta	Jacket potato, cheese & beans
<b>MAIN DESSERT</b>	Apple crumble & custard	Lemon drizzle cake	Waffles & ice cream	Cheesecake	Chocolate cake
<b>COLD DESSERT</b>	Fresh fruit & yoghurt	Fresh fruit & yoghurt	Fresh fruit & yoghurt	Fresh fruit & yoghurt	Fresh fruit & yoghurt
<b>MAIN COURSE - TEA</b>	Cheese & onion crisp bakes, potatoes & peas	Tomato & vegetable pasta bake	Beef chilli, rice & tortilla chips	Beef meatballs & spaghetti	Tuna pasta bake
<b>DESSERT</b>	Fresh fruit & yoghurt	Fresh fruit & yoghurt	Strawberry mousse	Fresh fruit & yoghurt	Fresh fruit & yoghurt

\*Reception, Pre-school and Nursery Lunch



Ghyll Royd School  
and Pre-School



WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE - LUNCH</b>	*Pasta bolognese & garlic bread	*Spaghetti carbonara	*Roast chicken dinner with all the trimmings	*All day breakfast	*Macaroni cheese & peas
<b>VEGETARIAN / PESCATARIAN</b>	BBQ veggie sausages, new potatoes & peas	Vegetable stir fry	Cheese panini & chips	Fish, chips & peas	Jacket potato cheese & beans
<b>ALTERNATIVE</b>	Jacket potato with cheese & beans or tuna mayo	Cheese/ham bap & salad	Tomato & vegetable pasta	Pesto pasta	BBQ chicken wrap & salad
<b>MAIN DESSERT</b>	Natural yoghurt, honey & granola	Parkin & custard	Jelly & ice cream	Chocolate or strawberry mousse/fresh fruit	School cake
<b>COLD DESSERT</b>	Fresh fruit & yoghurt	Fresh fruit & yoghurt	Fresh fruit & yoghurt	Fresh fruit & yoghurt	Fresh fruit & yoghurt
<b>MAIN COURSE - TEA</b>	Chicken goujons, waffles & beans	Steak pie, vegetables & Yorkshire puddings	Cheesy bean & potato pie & peas	Soup of the day & assorted sandwiches	Chicken jambalaya
<b>DESSERT</b>	Angel cake slice	Fresh fruit & yoghurt	Fresh fruit & yoghurt	Butterfly buns & fresh fruit	Fresh fruit & yoghurt

\*Reception, Pre-school and Nursery Lunch