

## Runnymede Lunch Menu - Week One

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Meal</b>	Baked Pork Sausages	Traditional Minced Lamb Lasagne	Pork Meatballs in a Tomato Sauce	Curried Beef Madras	MSC Crispy Breaded Fish Pollack
<b>Vegetarian</b>	Quorn and Red Bean Chilli	Vegetable Nuggets	Quorn Balls in Tomato Sauce	Cheese and Tomato Pizza	Sweet Pepper and Aubergine Balti
<b>Sandwich Offer</b>	Ham Turkey Tuna Cheese <i>Contains wheat</i>	Ham Turkey Tuna Cheese <i>Contains wheat</i>	Ham Turkey Tuna Cheese <i>Contains wheat</i>	Ham Turkey Tuna Cheese <i>Contains Wheat</i>	Ham Turkey Tuna Cheese <i>Contains wheat</i>
<b>Carbohydrate</b>	Jacket Potato Halves	Baby Boiled Potatoes French Bread	Garlic Bread	Steamed New Potatoes Boiled Rice	Chipped potatoes Boiled Rice
<b>Vegetables</b>	Baked Beans Broccoli	Sweetcorn	Farmhouse Vegetables	Spaghetti Hoops French Beans	Baked Beans
<b>Dessert</b>	Raspberry Ripple Ice-cream  Yoghurt Fresh Fruit	Toffee Apple Sponge and Custard  Yoghurt Fresh Fruit	Strawberry Cheesecake  Yoghurt Fresh Fruit	Chocolate Ripple Sponge and Chocolate Sauce  Yoghurt Fresh Fruit	Raspberry Trifle  Yoghurt Fresh Fruit



## Runnymede Lunch Menu - Week Two

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Meal</b>	Homemade Turkey and Sweetcorn Pie	Spaghetti Bolognaise	Hot Chicken and Mozzarella Baguette	Roast Pork Sage and Onion Stuffing	MSC Breaded Fish Fingers
<b>Vegetarian</b>	Baked Croissant filled with Cheese	Quorn and Vegetable Bolognaise	Stir Fry Vegetable Chow Mein	Yorkshire Pudding filled with Baked Beans and Topped with Cheddar Cheese	Spiced Falafel with Yoghurt and Pitta Bread
<b>Sandwich Offer</b>	Ham Turkey Tuna Cheese <i>Contains wheat</i>	Ham Turkey Tuna Cheese <i>Contains wheat</i>	Ham Turkey Tuna Cheese <i>Contains wheat</i>	Ham Turkey Tuna Cheese <i>Contains wheat</i>	Ham Turkey Tuna Cheese <i>Contains wheat</i>
<b>Carbohydrate</b>	Sauté Potatoes	Garlic Bread	Oven Baked Hash Brown	Roasted Potatoes	Chips
<b>Vegetables</b>	Baked Beans Cauliflower	Sweetcorn	Garden Peas	Savoy Cabbage	Baked Beans
<b>Dessert</b>	Rice Pudding Jam Sauce  Yoghurt Bar Fresh Fruit	Fruity Flap Jack  Yoghurt Bar Fresh Fruit	Blackcurrant Jelly  Yoghurt Bar Fresh Fruit	Chocolate Sponge Choc Sauce Yoghurt Bar Fresh Fruit	Strawberry Delight  Yoghurt Bar Fresh Fruit



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