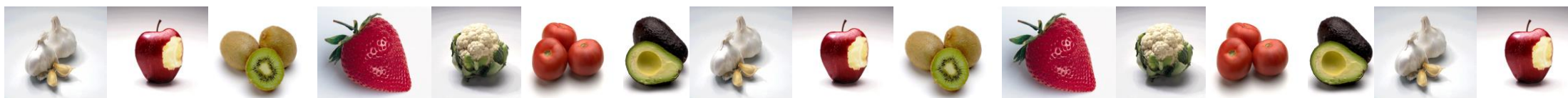


Runnymede Lunch Menu - Week One

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal (option 1)	Freshly made chicken, bacon & mozzarella panini Jacket potato wedges Sweetcorn	Traditional Lasagne Whole French beans Garlic bread	Roast Turkey & sage & onion stuffing Freshly sliced carrots Roast potatoes	Homemade beef meatballs & tomato sauce Penne pasta Broccoli florets	Freshly battered fish & lemon slice Garden peas Chipped potatoes
Vegetarian (option 2)	Grilled Hallumi & roasted vegetable panini Sweet potato Sweetcorn (V)	Cheese Tortellini Whole French beans Garlic bread (V)	Quesadilla Torte Freshly sliced carrots Roast potatoes (V)	Swedish style Quorn balls Penne pasta Broccoli florets (V)	Vegetarian Lasagne Garden peas Garlic slice (V)
Sandwich Offer (option 3)	A selection of sandwiches will be available daily using 50/50 bread or a brown roll Contains wheat	A selection of sandwiches will be available daily using 50/50 bread or a brown roll Contains wheat	A selection of sandwiches will be available daily using 50/50 bread or a brown roll Contains wheat	A selection of sandwiches will be available daily using 50/50 bread or a brown roll Contains wheat	A selection of sandwiches will be available daily using 50/50 bread or a brown roll Contains wheat
Salad Bar Free to add to any meal	Cherry tomatoes Cucumber sticks Homemade Coleslaw Olives Carrot sticks Hummus	Cherry tomatoes Cucumber sticks Olives Carrot sticks Hummus	Cherry tomatoes Cucumber sticks Olives Carrot sticks Hummus Cous Cous	Cherry tomatoes Cucumber sticks Olives Carrot sticks Hummus Sliced peppers	Cherry tomatoes Cucumber sticks Olives Carrot sticks Hummus Sweetcorn
Dessert Fruit can be taken in addition to any pudding	Apples Honeydew melon Water melon Kiwi Orange wedges Yoghurt Chocolate sponge & custard	Apples Honeydew melon Water melon Kiwi Orange wedges Yoghurt Cookie	Apples Honeydew melon Water melon Kiwi Orange wedges Pineapple Yoghurt Fruity Wednesday	Apples Honeydew melon Water melon Kiwi Orange wedges Yoghurt Jelly	Apples Honeydew melon Water melon Kiwi Sliced grapes Orange wedges Yoghurt Fruity Friday



Runnymede Lunch Menu - Week Two

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal (option 1)	Baked Pork Sausage Sauteed onions Broccoli florets Baked beans Creamed potatoes	Sweet & Sour Turkey Noodles Cauliflower florets	Roast Chicken Sage & onion stuffing Freshly battered carrots Roast potatoes	Ham & Pepperoni pizza Jacket potato wedges Sweetcorn	Breaded Fish fillet Lemon slice Garden peas Chipped potatoes
Vegetarian (option 2)	Quorn sausage Broccoli florets Baked beans Creamed potatoes (V)	Mixed vegetable Frittata Cauliflower Florets (V)	Vegetable & Chick pea curry Boiled rice (V)	Chilean bean cakes Jacket potato wedges Sweetcorn (V)	Spicy Tomato & Vegetable Tagliatelle Garden peas (V)
Sandwich Offer (option 3)	A selection of sandwiches will be available daily using 50/50 bread or a brown roll Contains wheat	A selection of sandwiches will be available daily using 50/50 bread or a brown roll Contains wheat	A selection of sandwiches will be available daily using 50/50 bread or a brown roll Contains wheat	A selection of sandwiches will be available daily using 50/50 bread or a brown roll Contains wheat	A selection of sandwiches will be available daily using 50/50 bread or a brown roll Contains wheat
Salad Bar Free to add to any meal	Cherry tomatoes Cucumber sticks Homemade Coleslaw Olives Carrot sticks Hummus	Cherry tomatoes Cucumber sticks Olives Carrot sticks Hummus	Cherry tomatoes Cucumber sticks Olives Sliced peppers Carrot sticks Hummus Cous Cous	Cherry tomatoes Cucumber sticks Carrot sticks Sliced peppers Olives Hummus	Cherry tomatoes Cucumber sticks Olives Carrot sticks Hummus Sweetcorn
Dessert Fruit can be taken in addition to any pudding	Apples Honeydew melon Water melon Kiwi Orange wedges Yoghurt Toffee sponge & custard	Apples Honeydew melon Water melon Kiwi Orange wedges Yoghurt Cookie	Apples Honeydew melon Water melon Kiwi Orange wedges Pineapple Yoghurt Fruity Wednesday	Apples Honeydew melon Water melon Kiwi Orange wedges Yoghurt Jelly	Apples Honeydew melon Water melon Kiwi Sliced grapes Orange wedges Yoghurt Fruity Friday



Runnymede Lunch Menu - Week Three

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal (option 1)	Homemade breaded chicken breast fillet served on a roll Sweetcorn Sweet potato Plain pasta	Minced beef pasta Bolognaise Garlic bread slice Whole French beans	Roast pork loin Apple sauce Freshly sliced carrots Roast potatoes	Chicken curry Boiled rice Broccoli florets	Freshly battered fish Lemon slice Garden peas Chipped potatoes
Vegetarian (option 2)	Vegetable Crisp Bake served on a roll Sweetcorn Sweet potato Plain pasta (V)	Vegetable Bolognaise Garlic bread slice Whole French beans (V)	Chilean bean stew Boiled rice Freshly sliced carrots (V)	Roasted vegetable pasta Broccoli florets Garlic bread (V)	Macaroni Bake Garden peas (V)
Sandwich Offer (option 3)	A selection of sandwiches will be available daily using 50/50 bread or a brown roll Contains wheat	A selection of sandwiches will be available daily using 50/50 bread or a brown roll Contains wheat	A selection of sandwiches will be available daily using 50/50 bread or a brown roll Contains wheat	A selection of sandwiches will be available daily using 50/50 bread or a brown roll Contains wheat	A selection of sandwiches will be available daily using 50/50 bread or a brown roll Contains wheat
Salad Bar Free to add to any meal	Cherry tomatoes Cucumber sticks Homemade Coleslaw Olives Carrot sticks Hummus	Cherry tomatoes Cucumber sticks Olives Carrot sticks Hummus	Cherry tomatoes Cucumber sticks Olives Carrot sticks Hummus Cous Cous Sliced peppers	Cherry tomatoes Cucumber sticks Sliced peppers Olives Carrot sticks Hummus	Cherry tomatoes Cucumber sticks Olives Carrot sticks Hummus Sweetcorn
Dessert Fruit can be taken in addition to any pudding	Apples Honeydew melon Water melon Kiwi Orange wedges Yoghurt Jam sponge & custard	Apples Honeydew melon Water melon Kiwi Orange wedges Yoghurt Cookie	Apples Honeydew melon Water melon Kiwi Orange wedges Pineapple Yoghurt Fruity Wednesday	Apples Honeydew melon Water melon Kiwi Orange wedges Yoghurt Jelly	Apples Honeydew melon Water melon Kiwi Sliced grapes Orange wedges Yoghurt Fruity Friday

