



Houghton

### AVAILABLE EVERY DAY

- Seasonable vegetables
- Selection of fresh salad
  - Pasta and sauce
- Jacket potato and fillings

# LUNCHTIME CO<sup>TM</sup>

## WEEK ONE MENU

WEEKS COMMENCING: • 16TH APRIL • 7TH MAY  
• 4TH JUNE • 25TH JUNE • 16TH JULY

### NUTRITIONALLY PACKED

All our menus are nutritionally analysed to ensure they meet and exceed The School Food Plan.

### WE BUY LOCAL

We use local suppliers because we only use food we can trust which is of a high standard, properly produced, fresh and good value.

	Monday	Tuesday	Wednesday	Thursday	Friday
Freshly Baked Bread	Garlic & herb ciabatta	Home baked wholemeal bread	Herbed focaccia	Rosemary wholemeal bread	Herbed ciabatta
Main Choice 1	Pasta beef bolognese	Pork sausage with new potatoes	BBQ chicken thigh served with roasted pepper rice	Roast turkey & roast potatoes	Breaded fish served with oven baked chips & garden peas
Main Choice 2	Vegetable and cheese fajitas	Quorn sausages served with new potatoes	Jacket potato bar served with baked beans, grated cheese	Roasted vegetable & quorn quesadillas	Vegetable carbonara & pasta
Desserts	Pancake with butterscotch sauce Sliced fresh fruit, natural yoghurt, cheese & biscuits	Fruit flap jack Sliced fresh fruit, natural yoghurt, cheese & biscuits	Vanilla cookies Sliced fresh fruit, natural yoghurt, cheese & biscuits	Fudge tart Sliced fresh fruit, natural yoghurt, cheese & biscuits	Fruit jelly Sliced fresh fruit, natural yoghurt, cheese & biscuits

### Our mission is to make your lunchtime meal the highlight of your day

92% of our food is made from fresh ingredients every day • The meat we serve is Red Tractor, Farm Assured British accredited • All of our fish is from sustainable sources • All of our eggs are free range laid by happy chickens • We bake our bread daily in your kitchen

SOME OF OUR FOOD MAY CONTAIN ALLERGENS, PLEASE ASK OUR CHEF FOR ADVICE





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## WEEK TWO MENU

WEEKS COMMENCING: • 23RD APRIL • 14TH MAY  
• 11TH JUNE • 2ND JULY • 23RD JULY

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### WE BUY LOCAL

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	Monday	Tuesday	Wednesday	Thursday	Friday
Freshly Baked Bread	Garlic & herb focaccia	Home baked wholemeal bread	Home baked ciabatta	Rosemary wholemeal bread	Home baked focaccia
Main Choice 1	Meatballs in tomato & basil sauce served with pasta	Paprika chicken thighs served with rice	Beef chilli with rice	Roasted Norfolk chicken with stuffing & roasted potatoes	Fish & Chips with garden peas
Main Choice 2	Cheese & tomato pizza	Quorn bolognese pasta bake	Jacket potato bar served with quorn chilli beans, grated cheese	Vegetable lasagne served with garlic bread	Cheese & tomato quiche served with chips & garden peas
Desserts	Apple crumble served with custard Sliced fresh fruit, natural yoghurt, cheese & biscuits	Shortbread cookie Sliced fresh fruit, natural yoghurt, cheese & biscuits	Lemon drizzle cake Sliced fresh fruit, natural yoghurt, cheese & biscuits	Mixed fruit cheesecake Sliced fresh fruit, natural yoghurt, cheese & biscuits	Ice cream & sauces Sliced fresh fruit, natural yoghurt, cheese & biscuits

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## WEEK THREE MENU

WEEKS COMMENCING: • 30TH APRIL • 21ST MAY  
• 18TH JUNE • 9TH JULY

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### WE BUY LOCAL

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	Monday	Tuesday	Wednesday	Thursday	Friday
Freshly Baked Bread	Garlic & herb focaccia	Home baked wholemeal bread	Home baked ciabatta	Poppy seed wholemeal bread	Home baked focaccia
Main Choice 1	Beef lasagne	Crispy chicken served with new potatoes	Burger in a bun with baked potato wedges	Roasted pork & apple sauce served with roast potatoes	Fish fingers with oven baked chips & garden peas
Main Choice 2	Vegetable frittata served with Lyonnaise potatoes	Macaroni cheese	Jacket potato bar served with baked beans, grated cheese	Bean burger served with roast potatoes	Roasted pepper & pasta bake
Desserts	Carrot & orange muffin Sliced fresh fruit, natural yoghurt, cheese & biscuits	Ginger bread cookie Sliced fresh fruit, natural yoghurt, cheese & biscuits	Fruit trifle Sliced fresh fruit, natural yoghurt, cheese & biscuits	Caramel apple betty Sliced fresh fruit, natural yoghurt, cheese & biscuits	Chocolate brownie Sliced fresh fruit, natural yoghurt, cheese & biscuits

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