

# Lunch Menu

The Maynard School

fresh fruit and veg served daily



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

### Main Courses

#### Main Course 1

.....

.....

#### Vegetarian

.....

### Accompaniments

#### Vegetables

.....

#### Salads

.....

#### Potato / rice / pasta / cous cous

.....

### Sandwiches

#### Sandwiches & baguettes

### Desserts

#### Fresh fruit / yogurt

.....

#### Dessert

Spaghetti Bolognese  
.....  
OR  
.....  
Vegetarian Lasagne  
.....  
Baked Jacket Potato

Selection of Vegetables  
.....  
Freshly Made Salad Bar  
.....  
Spaghetti

Packed Lunch Available

Fresh Fruit Salad  
.....  
Steamed Citrus Sponge

Chicken Tagine  
.....  
OR  
.....  
Spinach & Quinoa Burger  
.....  
Baked Jacket Potato

Selection of Vegetables  
.....  
Freshly Made Salad Bar  
.....  
Cous - Cous

Packed Lunch Available

Fresh Fruit Salad  
.....  
Chocolate Brownie

Roast Pork & Apple Sauce  
.....  
OR  
.....  
Pasta Peperonata  
.....  
Baked Jacket Potato

Selection of Vegetables  
.....  
Freshly Made Salad Bar  
.....  
Roast Potatoes

Packed Lunch Available

Fresh Fruit Salad  
.....  
Carrot Cake

Cheese & Marmite Sausage Roll  
.....  
OR  
.....  
Veggie Hotpot  
.....  
Baked Jacket Potato

Selection of Vegetables  
.....  
Freshly Made Salad Bar  
.....  
Boiled Potatoes

Packed Lunch Available

Fresh Fruit Salad  
.....  
White Chocolate Cheesecake

Battered Cod  
.....  
OR  
.....  
Pizza  
.....  
Baked Jacket Potato

Selection of Vegetables  
.....  
Freshly Made Salad bar  
.....  
Oven Chips

Packed Lunch Available

Fresh Fruit Salad  
.....  
Fruit Melba



A Fresh Healthy Variety Every Day :-)

New menu next week!