

Belong School Gloucestershire Lunch Menu

Week	Monday	Tuesday	Wednesday	Thursday	Friday
1	Jacket potatoes with various fillings (baked beans, cheese, tuna mayo, coronation chicken) served with fresh leaves salad and coleslaw Eton mess dessert	Breakfast club: bacon or avocado sandwiches (optional cheesy egg) porridge Chicken or vegetable and pulses curry, served with rice, naan bread and side salad.	Spaghetti meatballs in tomato sauce Vegetable pasta or noodles All served with side salad/seasonal vegetables Homemade cake	Breakfast club: bacon or avocado sandwiches (optional cheesy egg) porridge Quiche with various fillings (ham, cheese, sundried tomato, onion, broccoli etc) served with fresh green salad/seasonal vegetables Frozen yoghurt dessert	Oven baked white fish fillets with Mediterranean vegetables Lentil or vegetable soup served with scone Homemade cake
2	Jacket potatoes with various fillings (baked beans, cheese, tuna mayo, coronation chicken) served with fresh leaves salad and coleslaw Berries and vanilla cream pudding	Breakfast club: bacon or avocado sandwiches (optional cheesy egg) porridge Beef stew with seasonal vegetables Chunky vegetable stew served with homemade focaccia bread	Chicken fillets in lemon sauce served with seasonal vegetables Halloumi and aubergine bake Homemade cake	Breakfast club: bacon or avocado sandwiches (optional cheesy egg) porridge Beef burgers Veggie burgers both served with side salad/seasonal vegetables and roast potatoes	Bangers and mash served with baked beans Veggie sausages and mash Seasonal vegetables Homemade cake
3	Jacket potatoes with various fillings (baked beans, cheese, tuna mayo, coronation chicken) served with fresh leaves salad and coleslaw Cheesecake	Breakfast club: bacon or avocado sandwiches (optional cheesy egg) porridge Roast chicken dinner Vegetable wellingtons Seasonal vegetables	Pasta Bolognese or beef lasagne Vegetarian lasagne Fresh leaves salad Homemade cake	Breakfast club: bacon or avocado sandwiches (optional cheesy egg) porridge Pork in honey mustard sauce served with seasonal vegetables Cheese pie/Spinach pie	Swedish meatballs served with potato mash and seasonal vegetables Falafel wraps with seasonal vegetables/salad Frozen yoghurt dessert
4	Jacket potatoes with various fillings (baked beans, cheese, tuna mayo, coronation chicken) served with fresh leaves salad and coleslaw Apple pie served with ice cream or custard	Breakfast club: bacon or avocado sandwiches (optional cheesy egg) porridge Buttermilk chicken served with seasonal vegetables Vegetable/cheese omelette or frittata served with salad	Roast beef dinner or Roast vegetarian loaf Served with seasonal vegetables and gravy Frozen yoghurt dessert	Breakfast club: bacon or avocado sandwiches (optional cheesy egg) porridge Peppers stuffed with beef mince, rice and herbs or with rice, pulses and mint, both served with Greek salad	Sausage rolls or vegetarian rolls served with fresh leaves salad/seasonal vegetables Homemade cake