

## Language School Example Lunch & Dinner Menu – Week 1

Lunch	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main A	Pork Meatballs in Tomato Sauce	Paella	Beef Lasagne	Carbonara Pasta Bake	Herb Chicken & Tomato Sauce	Lamb Moussaka	Pork Steak with BBQ Sauce
Main B	Salmon Fishcakes	Shepherd's Pie	Chicken Burger in a bap	Baked Fish with tom sauce	Chilli Con Carne (mild)	Beef Burger in a Bap	Beef Bolognese
Vegetarian	Vegetable Chilli	Veggie Burger in a Bap	Vegetable Kiev	Vegetable Bolognese	Cheese Omelette	Margherita Pizza	4 Cheese Tortellini in Tomato Sauce
Pasta & Sauce	Tomato & Basil	3 Cheese	Tomato & Herb	Roasted Vegetable	Arribiatta	Ratatouille	Tomato & Basil
Sides	Fresh Baked Rolls						
	Rice	Potato Wedges	Garlic Bread	New Potatoes	Rice	Garlic Bread	Rice
	New Potatoes	Cous cous	Chips	Pasta	Half Jacket	Potato Wedges	Pasta
	Peas	Sweetcorn	Courgettes	Broccoli	Sweetcorn	Mixed Salad	Green Beans
	Carrots	Green Beans	Mixed Vegetables	Carrots	Cauliflower	Sweetcorn	Carrots
Salad	Fresh Daily Selection						
Dessert	Selection of Cold Desserts						
	Selection of fresh fruit						

Dinner	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main 1	Chicken with Balti sauce	Beef Burger in a Bap	Sausages with Onion Gravy	Assorted Pizza	Tempura Hake	Pork with Sweet and Sour Sauce	Roast Chicken with Stuffing
Main 2	Sticky Ribs	Fish Fingers	BBQ Chicken	Chicken Dippers	Chicken & Mushroom Pie	Chicken with lemon sauce	Scampi
Veggie	Onion Bhajis with Mint Raitha	Macaroni Cheese	Veggie Sausages with Onion Gravy	Margherita Pizza	Veggie Burger in a bap	Vegetable Spring Rolls	Spinach & Ricotta Cannelloni
Pasta Sauce	Roasted Vegetable	Tomato & Basil	Arribiatta	Tomato & Herb	Ratatouille	3 Cheese	Pepper & Red Onion
Sides	Fresh Baked Rolls						
	Pilau Rice	New Potatoes	Mash Potato	Garlic Bread	Chips	Steamed Rice	Roast Potatoes
	Seasoned Wedges	Chips	New Potatoes	Potato Wedges	Mash Potato	Noodles	New Potatoes
	Saag Aloo	Sweet corn	Carrots	Mixed Salad	Peas/Mushy	Prawn Crackers	Broccoli
	Green Beans	BBQ Beans	Cauliflower Cheese	Sweet corn	Carrots	Stir-fry Vegetables	Buttered Swede
Salad	Fresh Daily Selection						
Dessert	Cold Desserts	Cold Desserts	Syrup Sponge	Cold Desserts	Cold Desserts	Cold Desserts	Apple Crumble
	Selection of fresh fruit						

## Language School Example Lunch & Dinner Menu – Week 2

Lunch	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main A	Beef Burger in a Bap	Pork Meatballs in Tomato Sauce	Chicken with lemon sauce	Sausages	Tempura Hake	Spaghetti Bolognaise	Pork with Sweet & Sour Sauce
Main B	Roast Chicken	Salmon Fishcakes	Pepperoni Pizza	Chicken Burger in a Bap	Pork Steak	Herby Chicken	Fish Fingers
Vegetarian	Cheese Omelette	Macaroni Cheese	Vegetable Risotto	Vegetable Frittata	Roasted Vegetable Pasta Bake	Margherita Pizza	Mild Vegetable Curry
Pasta & Sauce	Tomato & Basil	3 Cheese	Tomato & Herb	Roasted Vegetable	3 Cheese	Ratatouille	Tomato & Basil
Sides	Fresh Baked Rolls						
	Rice	New Potatoes	New Potato	Mash Potato	Chips	Spaghetti	Rice
	Potato Wedges	Rice	Cous Cous	Potato Wedges	New Potatoes	New Potatoes	Chips
	Green Beans	Sweet corn	Broccoli	Mixed Salad	Peas/Mushy	Broccoli	Prawn Crackers
	Carrots	BBQ Beans	Ratatouille	Sweet corn	Carrots	Sweet corn	Stir-fry Vegetables
Salad	Fresh Daily Selection						
Dessert	Selection of Cold Desserts						
	Selection of fresh fruit						

Dinner	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main 1	Ham & Mushroom Pasta Bake	Chicken Burger in a Bap	Beef Lasagne	Chicken Pasta Bake	Ham & Pineapple Pizza	Scampi	Roast Beef & Yorkshires
Main 2	Tempura Hake	Salmon & Pea Pasta Bake	Pork Steak	BBQ Ribs	Fish Wrap	Beef Burger in a Bap	Roast Chicken
Veggie	Mild Vegetable Chilli	Vegetable Kiev	4 Cheese Tortellini in tomato sauce	Margherita Pizza	Vegetable Burger in a Bap	Vegetable Lasagne	Vegetable Sausages with Yorkshire
Pasta Sauce	Roasted Vegetable	Tomato & Basil	3 Cheese	Tomato & Herb	Ratatouille	3 Cheese	Pepper & Red Onion
Sides	Fresh Baked Rolls						
	Rice	Potato Wedges	Garlic Bread	Rice	New Potatoes	Chips	Roast Potatoes
	Chips	New Potatoes	New Potatoes	Garlic Bread	Potato Wedges	Garlic Bread	New Potatoes
	Peas	Cauliflower	Courgettes	Broccoli	Sweet corn & Peppers	Mixed Salad	Cabbage
	Sweet corn	Green Beans	Carrots	Creamy Leeks	Stir-fry Vegetables	Sweet corn	Sweede & Carrot Mash
Salad	Fresh Daily Selection						
Dessert	Selection of Desserts	Selection of Desserts	Jam Roly Poly	Selection of Desserts	Selection of Desserts	Selection of Desserts	Chocolate Sponge
	Selection of fresh fruit						