

Redbridge 3 Choice - September - October 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chicken Sausage and Mash with Gravy	Keema Curry & Rice	Roast Chicken served with Roast Potatoes, Yorkshire Pudding and Gravy	Margarita Pizza	Fish Fingers with Chips
Option 2	Quorn Sausage and Mash with Gravy	Macaroni Cheese	Roasted Soya Strips with Roast Potatoes, Yorkshire Pudding and Gravy	Vegetable Biryani	Butternut Squash, Chickpea and Vegetable Curry with Rice
Alternative Option 1	Jacket Potato with Cheese / Baked Beans / Tuna Mayo / Coleslaw	Jacket Potato with Cheese / Baked Beans / Tuna Mayo / Coleslaw	Jacket Potato with Cheese / Baked Beans / Tuna Mayo / Coleslaw	Jacket Potato with Cheese / Baked Beans / Tuna Mayo / Coleslaw	Jacket Potato with Cheese / Baked Beans / Tuna Mayo / Coleslaw
Vegetables	Sweetcorn & Broccoli	Peas & Cauliflower	Carrots & Green Beans	Roasted Mediterranean Vegetables & Sweetcorn	Peas & Baked Beans
Dessert of the day	Vanilla Ice Cream	Apple Crumble & Custard	Pineapple Upside Down Sponge with Custard	Strawberry Jelly	Lemon Shortbread Biscuit
Dates week commencing	Week 1				
Option 1	Pasta Bolognese	Chicken Curry & Rice	Roast Turkey served with Roast Potatoes, Yorkshire Pudding and Gravy	Margarita Pizza	Salmon / Pollock Fish Fingers with Chips
Option 2	Tarka Dhal & Rice	Quorn Burger in a Bun	Vegetable Bean Chilli & Rice	Vegetable Chow Mein	Tomato & Basil Puff with Chips
Alternative Option 1	Jacket Potato with Cheese / Baked Beans / Tuna Mayo / Coleslaw	Jacket Potato with Cheese / Baked Beans / Tuna Mayo / Coleslaw	Jacket Potato with Cheese / Baked Beans / Tuna Mayo / Coleslaw	Jacket Potato with Cheese / Baked Beans / Tuna Mayo / Coleslaw	Jacket Potato with Cheese / Baked Beans / Tuna Mayo / Coleslaw
Vegetables	Carrots & Vegetable Medley	Green Beans & Cauliflower	Peas & Roasted Root Vegetables	Sweetcorn & Green Cabbage	Peas & Baked Beans
Dessert of the day	Eve's Pudding with Custard	Orange Drizzle Cake	Fruity Flapjack	Frozen Strawberry Yoghurt	Pear & Vanilla Sponge
Dates week commencing	Week 2				
Option 1	Chicken Biryani	Lasagne	Roast Chicken served with Roast Potatoes, Yorkshire Pudding and Gravy	Margarita Pizza	Fish Fingers with Chips
Option 2	Quorn & Vegetable Stir Fry with Noodles	Chickpea and Mixed Vegetable Balti with Rice	Mixed Vegetable and Butterbean Ragù With Roast Potatoes	Quorn Penne Pasta Bolognese	Cheese & Tomato Whirl with Chips
Alternative Option 1	Jacket Potato with Cheese / Baked Beans / Tuna Mayo / Coleslaw	Jacket Potato with Cheese / Baked Beans / Tuna Mayo / Coleslaw	Jacket Potato with Cheese / Baked Beans / Tuna Mayo / Coleslaw	Jacket Potato with Cheese / Baked Beans / Tuna Mayo / Coleslaw	Jacket Potato with Cheese / Baked Beans / Tuna Mayo / Coleslaw
Vegetables	Carrots & Green Beans	Broccoli & Roasted Mediterranean Vegetables	Carrots & Green Cabbage	Sweetcorn & Cauliflower	Peas & Baked Beans
Dessert of the day	Pear & Banana Crumble with Custard	Frozen Toffee Yoghurt	Lemon & Courgette Muffin	Mandarins with Orange Jelly	Chocolate and Beetroot Brownie
Dates week commencing	Week 3				

NUT ALLERGY PUPIL:
Please check nut claims on packaging before serving food items to this pupil.
DO NOT serve any food items to this pupil which claim they 'MAY CONTAIN NUTS'
Please pay particular attention to savoury crackers, yoghurts and bread products.