

LUNCH MENU WEEK 2

BASILDON ACADEMIES	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal Option 1 Main Meal Option2	Roasted Vegetable Lasagne French Bread Pizza	Sweet & Sour Chicken Chinese Chicken Curry	Beef Curry Chicken Tikka Pizza	Chicken Fajitas Meat Feast Quiche	Battered Sausage Individual Meat Pie
Vegetarian Meal Option 1 Vegetarian Meal Option 2	Roasted Vegetable Tart Roasted Vegetable Panini	Vegetable & Noodle Stir Fry Vegetable Curry	Naan Pizza Vegetable Balti	Roasted Vegetable Fajitas Vegetable Quiche	Battered Quorn Sausage Individual Vegetable Pie
On the Side	Garlic Bread Freshly Prepared Coleslaw	Super Veggie Spring Roll Chinese Fried Rice	Pilau Rice Naan Bread Coleslaw Salad	Mexican Corn on the Cob Mexican Potatoes Coleslaw	Chips Mushy Peas Curry Sauce
Pasta King Pot	Vegetable Bolognese Zingy Peppers	Pomodoro Chicken Tikka	Arrabbiata Chicken Korma	Mediterranean Pizza Spicy Sausage	Sweet Chilli Chicken Tomato & Mascarpone
Oven Baked Jacket Potato	Toppings Baked Beans Cheese	Toppings Baked Beans Cheese	Toppings Tuna Mayonnaise Baked Beans Cheese	Toppings Chilli Vegetable Chilli Cheese	Toppings Mushy Peas Cheese Beans
Dessert	Apple & Cinnamon Cake	Fruit & Brownie Skewers	Banoffee Cake & Ice Cream	Belgian Waffle with Strawberries & Chocolate Sauce	Rocky Road & Ice Cream