



RIDGE PRIMARY SCHOOL LUNCH MENU

SEPTEMBER 2019 TO APRIL 2020

WEEK 1

2 SEPTEMBER, 23 SEPTEMBER, 14 OCTOBER,
11 NOVEMBER, 2 DECEMBER, 6 JANUARY,
27 JANUARY, 24 FEBRUARY, 16 MARCH

MONDAY

Toad in the hole
Salmon Bites
v - Quorn Sausage in Onion Gravy
Creamed Potato, Peas & Baked Beans
Fruity Flapjack & Custard

TUESDAY

Chicken Tikka Curry
v - Quorn Tikka Curry /
Macaroni Cheese
Best of Both Rice, Sweetcorn
Jam Rounds

WEDNESDAY

Roast Chicken & Seasoning
v - Quorn Chicken Pitta / Pizza Pocket
*Roast and Baby Potatoes,
Carrots & Cabbage*
Apple Crumble & Custard

THURSDAY

Spaghetti Bolognese & Garlic Bread
Chicken Wrap
v - Vegetable and Lentil Spaghetti
& Garlic Bread
Waffle Fries, Broccoli & Coleslaw
Lemon Drizzle Cake & Custard

FRIDAY

Breaded Fish Fillet
v - Cheese Plait / Margherita Pizza
*Chipped Potatoes,
Baked Beans & Sweetcorn*
Banana Muffin & Glass of Milk

WEEK 2

9 SEPTEMBER, 30 SEPTEMBER, 21 OCTOBER,
18 NOVEMBER, 9 DECEMBER, 13 JANUARY,
3 FEBRUARY, 2 MARCH, 23 MARCH

Beef Grill
v - Cheese Pinwheel
Fat Free Wedges
Sweetcorn & Spaghetti Hoops
Fruit Cheesecake

Cottage Pie/Crispy Chicken Bites
v - Quorn Cottage Pie
Sauté Potatoes, Country
Mixed Vegetables
Pineapple Upside down Cake & Custard

Roast Gammon & Pineapple
v - Vegetable and Lentil Korma
Rice / Mashed Potato Carrots & Peas
Rice Pudding with Pears & Raisins

Chicken Flatbread
v - Vegetable & Quorn Pie
Waffle Fries, Green Beans & Sweetcorn
Chocolate Crunch & Mint Custard

Pepperoni Pizza / Fish Fingers
v - Vegetarian Pizza
Chipped Potatoes, Peas & Baked Beans
Strawberry Mousse

WEEK 3

16 SEPTEMBER, 7 OCTOBER, 4 NOVEMBER,
25 NOVEMBER, 16 DECEMBER, 20 JANUARY,
10 FEBRUARY, 9 MARCH, 30 MARCH

Chicken Katsu Curry
Tempura Fish Goujons
v - Quorn Katsu Curry
Boiled Rice, Diced Potato, Peas, Carrots
Eton Mess

All day breakfast / v -Veggie Breakfast
Tuna & Tomato Pasta Bake
Hash Brown / Garlic Bread
Baked Beans / Sweetcorn
Chocolate Sponge with Beetroot &
Custard

Roast Beef & Yorkshire Pudding
v - Cheese Savoury
Roast & Boiled Potatoes
Broccoli / Mixed Vegetables
Apple & Blackcurrant Crumble
& Custard

Chicken Wrap
v - Quorn Sausage Cowboy Hotpot
Wedges, Sweetcorn / Rainbow Slaw
Sticky Toffee Pudding & Custard

Cod Bites/ Pepperoni Pizza
v - Vegetarian Pizza
Chipped Potatoes
Baked Beans / Peas & Sweetcorn Mix
Oaty Cookie

DELI OPTIONS

(ALWAYS AVAILABLE)

Jacket Potato Served with a variety of fillings
Help yourself salad cart, freshly made bread,
Grab bag sandwich meal

DAILY DESSERTS

(ALWAYS AVAILABLE)

Chef's handmade dessert (see board for details)

Selection of fresh fruit, Yoghurt, Cheese & Biscuits, Jelly, Orange Squash (new)

