

# Ripponden J & I School Lunch Menu














**WEEK 1**

Available daily: Freshly made Salad, Jacket



Potatoes with a Selection of fillings, Packed Lunch – includes a Sandwich, fruit










Monday	Tuesday	Wednesday	Thursday	Friday
<p>Tomato and Basil Pasta With Garlic Bread &amp; Seasonal Vegetables</p> 	<p>Meat and Potato Pie</p>  <p>Served Seasonal Vegetables</p>	<p>Sausage, Roast Potatoes &amp; Gravy</p> <p>Served with, Selection of Vegetables or Beans</p>	<p>Chicken Balti</p>  <p>Served with Fluffy Rice and Naan Bread</p>	<p>Crispy Battered Fish Or Vegan Fishless Fillets</p> <p>Served with Chunky Chips, Peas, or Beans</p>  
 <p>Tomato and Basil Pasta</p> <p>With Garlic Bread &amp; Seasonal Vegetables</p> 	<p>Vegan Pot Pie</p> <p>Served Seasonal Vegetables</p>	<p>Veggie Roast Dinner Served with Roast Potatoes,</p>   <p>Selection of Vegetable</p>	 <p>Veggie Curry</p> <p>Served with Fluffy Rice and Naan Bread</p>	
<p>Chocolate Chip Sponge or Cheese &amp; Crackers, Fruit or Yoghurts</p>	<p>Marshmallow Crispy or Cheese &amp; Crackers, Fruit or Yoghurts</p>	<p>Flap Jack or Cheese &amp; Crackers, Fruit or Yoghurts</p>	<p>Frozen Chocolate Mouse or Cheese &amp; Crackers, Fruit or Yoghurts</p>	 <p>Strawberry Jelly or Cheese &amp; Crackers, Fruit or Yoghurts</p>

# Ripponden J & I School Lunch Menu



WEEK 2

Available daily: Freshly made Salad,  Jacket Potatoes with a Selection of fillings, Packed Lunch – includes a Sandwich, fruit









Monday	Tuesday	Wednesday	Thursday	Friday
<p>Mild Chilli Con-Carne</p> <p>Served with Fluffy Rice and Vegetables</p>	<p>Italian Meatball Pasta</p> <p>Served with Garlic Bread &amp; Seasonal Vegetables</p> 	<p>Roast Chicken Dinner</p> <p>Served with Roast Potatoes, Selection of Vegetables, Yorkshire Puddings and Gravy</p> 	<p>Pepperoni Pizza or</p> <p>Pizza Margherita Served</p>  	<p>Lightly Flavoured Salmon Potato Cakes or</p> <p>Fish less Fillets</p> <p>Served with Mini Roast Potatoes, Peas or Beans</p>  
<p>Vegan Chilli Con-Carne</p> <p>Served with Fluffy Rice and Vegetables</p>	<p>Vegan Meatball Pasta</p> <p>Served with Garlic Bread &amp; Seasonal Vegetables</p>	<p>Roast Chicken Dinner</p> <p>Served with Roast Potatoes, Selection of Vegetables, Yorkshire Puddings and Gravy (v)</p> 	<p>with Chips &amp; Beans</p> 	<p>Served with Mini Roast Potatoes, Peas or Beans</p> 
<p>Iced Lemon Drizzle Cake or</p> <p>Cheese &amp; Crackers, Fruit or Yoghurts</p>	<p>Strawberry Mousse or</p> <p>Cheese &amp; Crackers, Fruit or Yoghurts</p>	<p>Chocolate Cornflake Tart or</p> <p>Cheese &amp; Crackers, Fruit or Yoghurts</p>	<p>Treacle Sponge served with Custard or</p> <p>Cheese &amp; Crackers, Fruit or Yoghurts</p>	<p>Orange Jelly or</p> <p>Cheese &amp; Crackers, Fruit or Yoghurts</p>

# Ripponden J & I School Lunch Menu



WEEK 3

Available daily: Freshly made Salad,  Jacket Potatoes with a Selection of fillings, Packed Lunch – includes a Sandwich, fruit

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Homemade Sausage Rolls or Cheese &amp; Onion Pasty</p> <p>Served with Seasonal Vegetables</p> 	<p>Cheesy Salmon and Broccoli Mac and Cheese Bake</p>	<p>Beef Stew</p> <p>Served with Mash Potatoes and Selection of Vegetables,</p>	<p>Sweet and Sour Chicken</p>  <p>Served with Noodles or Rice</p> <p>or</p> <p>Vegan Sticky Fillets</p>  <p>Served with Fluffy Rice and Peas</p> 	<p>Crispy Battered Fish Or Vegan Fishless Fillets</p> <p>Served with Chunky Chips, Peas, or Beans</p>  
<p>Vegan Rolls</p> <p>Served with Seasonal Vegetables</p>	<p>Vegetable Tomato and Pasta</p> <p>Served with Garlic Bread &amp; Seasonal Vegetables</p>	<p>Vegan Stew</p> <p>Served with Mash Potatoes and Selection of Vegetables,</p> 		
<p>Iced Chocolate Tray Bake or Cheese &amp; Crackers, Fruit or Yoghurts</p>	<p>Parkin or Cheese &amp; Crackers, Fruit or Yoghurts</p>	<p>Raspberry Ripple Ice Cream or Cheese &amp; Crackers, Fruit or Yoghurts</p>	 <p>Goey Chocolate Brownie or Cheese &amp; Crackers, Fruit or Yoghurts</p>	<p>Fruity Sponge Served with Squirry Cream or Cheese &amp; Crackers, Fruit or Yoghurts</p>