

# LONGDEN SCHOOL MENU- WEEK 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main	Spaghetti Bolognese Garlic Bread	Tomato & Mascarpone Penne or Macaroni Cheese	Roast Chicken Cauliflower Cheese Yorkshire Pudding Roast & New Potatoes	Cheese & Tomato Quesadilla Pasta or Rice	Chicken Goujons Crinkle Cut Chips or Pasta
Side	Mixed Vegetables Mixed Salad	Flatbreads Mixed Vegetables	Mixed Vegetables & Gravy	Mixed Vegetables	Baked Beans and Mixed Veg
Dessert	Sugar Free Angel Delight  Selection of fresh fruit, fruit pots and yoghurts	Mini Blueberry or Chocolate muffin  Selection of fresh fruit, fruit pots and yoghurts	Sugar Free Fruit Jelly  Selection of fresh fruit, fruit pots and yoghurts	Fruit Flapjack  Selection of fresh fruit, fruit pots and yoghurts	Ice Cream & Sprinkles  Selection of fresh fruit, fruit pots and yoghurts



Available Daily: Healthy Side Salad, Yoghurt & Fresh Fruit Pots  
Vegetarian options are available upon request- Please speak to the school office for more information