

# BURLINGTON SCHOOLS



## WEEK 1

Option 1

**Monday.**  
Vegetarian Sausage  
Hotdog

**Tuesday.**  
Organic Minced Beef Pie  
served  
with New Potatoes

**Wednesday.**  
Roast Pork served with  
Apple Sauce, Roast  
Potatoes and Gravy

**Thursday.**  
Free Range Chicken and  
Nacho Grill served with  
Steamed Rice

**Friday.**  
Gluten Free Battered  
Fish or Grilled Fish  
served with Chips

Option 2   
Vegetarian

Tomato and Basil Pasta

Red Pesto and  
Mascarpone Pasta

Roast Quorn served with  
Roast Potatoes  
and Gravy

Jacket Potato served  
with Baked Beans

Vegetable Nuggets  
served with Chips

Option 3

Jacket Potato served  
with Cheese

Jacket Potato served  
with Baked Beans

Jacket Potato served  
with Cheese

Baguette with a choice  
of Cheese, Tuna or  
Chicken

Jacket Potato served  
with Tuna Mayonnaise

Vegetables

Sweetcorn  
Baked Beans

Cauliflower and Broccoli  
Garden Peas

Carrots  
Green Beans

Garden Peas  
Carrots

Baked Beans  
Garden Peas

Dessert

Ice Cream

Fruity Jelly

Fresh Fruit Salad

Fresh Fruit or Yoghurt

Rice Krispie Cake

## WEEK 2

Option 1

**Monday.**  
Macaroni Cheese

**Tuesday.**  
Organic Beef Bolognaise  
served with Spaghetti

**Wednesday.**  
Sausage and Apple  
Plait served with New  
Potatoes

**Thursday.**  
Free Range Chicken  
Korma served with  
Steamed Rice

**Friday.**  
Breaded Fish Fingers or  
Salmon Fish Fingers or  
Grilled Fish served with  
Chips

Option 2   
Vegetarian

Sweet Potato and Chick  
Pea Curry served with  
Steamed Rice

Vegetarian Bolognaise  
served with Spaghetti

Roast Quorn served with  
Roast Potatoes and Gravy

Jacket Potato served  
with Cheese

Vegetarian Sausage  
served with Chips

Option 3

Jacket Potato served  
with Baked Beans

Jacket Potato served  
with Cheese

Jacket Potato served  
with Baked Beans

Baguette with a choice of  
Cheese, Tuna or Chicken

Jacket Potato served  
with Tuna Mayonnaise

Vegetables

Sweetcorn  
Green Beans

Carrots  
Garden Peas

Broccoli  
Carrots

Green Beans  
Sweetcorn

Baked Beans  
Garden Peas

Dessert

Orange Iced Sponge

Fruity Flapjack

Gluten Free  
Vanilla Cookie

Fresh Fruit or Yoghurt

Peaches with  
Ice Cream

## WEEK 3

Option 1

**Monday.**  
Cheese and Tomato Pizza  
served with Chips

**Tuesday.**  
Honey and Ginger Free  
Range Chicken served  
with Steamed Rice

**Wednesday.**  
Roast Turkey served with  
Stuffing, Roast Potatoes  
and Gravy

**Thursday.**  
Organic Beef Chilli  
Con Carne served with  
Steamed Rice

**Friday.**  
Gluten Free Battered  
Fish or Grilled Fish  
served with Chips

Option 2   
Vegetarian

Red Pepper and  
Sweetcorn Pizza served  
with Chips

Vegetable Chow Mein

Roast Quorn served  
with Roast Potatoes and  
Gravy

Jacket Potato served  
with Baked Beans

Vegetable Quiche  
served with Chips

Option 3

Jacket Potato served  
with Cheese

Jacket Potato served  
with Baked Beans

Jacket Potato served  
with Cheese

Baguette with a choice of  
Cheese, Tuna or Chicken

Jacket Potato served  
with Tuna Mayonnaise

Vegetables

Carrots  
Garden Peas

Broccoli  
Sweetcorn

Carrots  
Broccoli

Sweetcorn  
Carrots

Baked Beans  
Garden Peas

Dessert

Mandarin Cheesecake

Chocolate Iced Sponge

Fresh Fruit Salad

Fresh Fruit or Yoghurt

Wholemeal Shortbread

LOOK FOR THE SUGAR SHERIFF  
THESE MEALS ARE  
COMPLETELY FREE  
FROM ADDED SUGAR!



Range of Served Salads, Yoghurt  
and Fresh Fruit are available daily

THIS MENU SUPPORTS:



We always meet the Government food based standard for school lunches. All of our meals are freshly prepared on site by our team to ensure there are no undesirable additives. Many of our dishes contain hidden vegetables to increase vegetable intake. We are continuously working to reduce the amount of refined sugar in our menus.