

Bowmansgreen Pupil Choice Extra Summer 2018

WEEK ONE	w/c: 16 April, 8 May, 4 & 25 June, 16 July 2018					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
RED	Burger in a Bun Potato Wedges	Gammon Steak with Pineapple Diced Potato	Roast Beef with Yorkshire Pudding Roast Potatoes or Wholemeal Pasta	Creamy Chicken Curry Rice	Battered Fish Fillet Low Fat Chips or Pasta	
YELLOW VEGETARIAN	Vegetarian Bolognaise Wholemeal Pasta	Italian Pasta Bake Crusty Bread	Savoury Quiche Roast Potatoes or Wholemeal Pasta	Quorn Nuggets Potato Wedges	Favourite Pizza Low Fat Chips or Pasta	
GREEN	Tuna Baguette	Chicken Roll	Cheese Baguette	Ham Roll	Egg Roll	
BLUE	Jacket Potato with Baked Beans	Jacket Potato with Tuna	Vegetarian Sausage Pasta Bake	Cheese Pasta Bake		

WEEK	w/c: 23 April, 14 May, 11 June, 2 & 23 July 2018					
TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
RED	BBQ Chicken Wrap Potato Wedges	Lasagne Wholemeal Garlic Bread	Roast Pork with Apple Sauce Roast Potatoes or Wholemeal Pasta	Traditional Chicken Pie Creamed Potatoes	Fishcake Low Fat Chips or Pasta	
YELLOW VEGETARIAN	Tomato Pasta Bake Crusty Bread	Cheese Pinwheel Diced Potato	Roasted Quorn Fillet Roast Potatoes or Wholemeal Pasta	Vegetarian Hotdog Potato Wedges	Cheese and Tomato Pizza Low Fat Chips or Pasta	
GREEN	Tuna Baguette	Chicken Roll	Cheese Baguette	Ham Roll	Egg Roll	
BLUE	Jacket Potato with Cheese	Jacket Potato with Baked Beans	Tuna Pasta Bake	Tomato Pasta Bake		

WEEK	w/c: 30 April, 21 May, 18 June, 9 July 2018					
THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
RED	Sausages with Onion Gravy Creamed Potatoes	Lamb Steaklette Diced Potato	Roast Chicken with Sage and Onion Stuffing Roast Potatoes or Wholemeal Pasta	Beef Bolognaise Wholemeal Pasta	Fish Fingers Low Fat Chips or Pasta	
YELLOW VEGETARIAN	Creamy Vegetable Slice Potato Wedges	Macaroni Cheese Wholemeal Garlic Bread	Sticky Vegetarian Sausages Roast Potatoes or Wholemeal Pasta	Southern Style Quorn Grill Diced Potato	Favourite Pizza Low Fat Chips or Pasta	
GREEN	Tuna Baguette	Chicken Roll	Cheese Baguette	Ham Roll	Egg Roll	
BLUE	Cheese Pasta Bake	Jacket Potato with Tuna	Italian Pasta Bake	Jacket Potato with Cheese		

Freshly Baked Bread available daily plus a selection of Vegetables and Bowl Salads Puddings, Fresh Fruit, Yoghurt and Cheese & Biscuits available daily