

Benson Community School – Week 1

MONDAY

TUESDAY

WEDNESDAY
ROAST DAY

THURSDAY

FRIDAY

MAINS 1

Chicken popems in Italian sauce with spaghetti

Lamb Shepherds pie

Roast turkey & Crispy roast potatoes

Quorn lasagne & Garlic bread

Pizza & chips
(Selection of pizza slices)

MAINS 2

Vegetarian roll with mini waffles

Aloo Gobi with coriander nan

Ultimate fish fingers and Baked jacket wedges

BBQ Chicken drumsticks & Savoury rice

Marinated chicken thigh in a mini brioche bun
With chips

VEGGIES

Medley of vegetables

Broccoli
Sweetcorn

Peas
Cauliflower

Mini corn cob
Mixed Salad

Beans
Salad

LITE BITES

Loaded jackets potato (Cheese and onion)
With beans

Panini rolls- various fillings
With herby dices potatoes

Jacket potato and vegetable chilli

Sesame seed sub roll (various fillings)
Potato smiles

Vegetable biryani
Stuffed pitta with salad and mint yoghurt

DESSERT

Mixed Cookies

Chocolate chip shortbread

Jam sponge cake and custard

Frozen yoghurt tub

Birthday sponge cake

DAILY

Benson Community School – Week 2

MONDAY

TUESDAY

WEDNESDAY
ROAST DAY

THURSDAY

FRIDAY

MAINS 1

Jerk chicken with fluffy rice and peas

Tuna pasta bake & herby dough balls

Roast Lamb with crispy roast potatoes

Quorn Bolognese with Spaghetti

Pizza & chips
(Selection of pizza slices)

MAINS 2

Quorn sausage with herby diced potatoes

Cheese & onion quiche
With potato nuggets

Fish (stars) with creamed potato

Lamb chilli with Wholemeal rice

Piri piri chicken drumsticks & savoury rice

VEGGIES

Sweetcorn
Minted Peas

Green Salad
Broccoli

Green Beans
Spaghetti Hoops

Carrots
Corn on the cob

Beans
Mixed Salad

LITE BITES

Baked Jacket potato - cheese & beans

Tandoori chicken & mixed pepper wrap with Potato nuggets

Baked jacket potato with vegetarian sausage & beans

Tuna & Cheese panini melt

Fish finger & Green salad wrap

DESSERT

Shortcake & custard

Jelly or Strawberry cheesecake

Humming bird pie

Chocolate cracknel

Birthday sponge cake

DAILY

Benson Community School – Week 3

MONDAY

TUESDAY

WEDNESDAY
ROAST DAY

THURSDAY

FRIDAY

MAINS 1

Chicken Tikka
Pepper and Mushroom
Curry with Rice

Lamb lasagne with
Tomato & Basil
Focaccia Bread

Roast Chicken with crispy
roast potatoes

Tomato & basil pasta
bake with
Garlic bread

Pizza & chips
(Selection of pizza slices)

MAINS 2

Cheese & onion pasty
With
Minted new potatoes

Vegetable samosas
Minted salad
& wholemeal rice

Harry Ramsden fish fillet
With buttered potatoes

Ocean Pie

Lamb burger in a high
fibre bun & chips

VEGGIES

Peas
Mixed Vegetables

Sweetcorn
Green Salad

Honey battered parsnips
Broccoli

Fine Green Beans
Baton Carrots

Beans
Salad

LITE BITES

Baked jacket potato with
Tuna and sweetcorn

Baguettes – various
fillings with baked jacket
potato wedges

Baked jacket potato with
cheese and beans

Lamb kebab pitta with
Seasonal potato twists

Mini petit pan with
various fillings

DESSERT

Chocolate cupcakes or
Jelly pots

Flapjack

Lemon drizzle sponge
Cake

Chocolate crunch

Birthday Sponge Cake

DAILY