

Dining at North Rigton		School Dinner - Week 1 28 th Feb, 21 st Mar, 25 th Apr & 16 th May	School Dinner - Week 2 7 th Mar, 28 th Mar, 2 nd May & 23 rd May	School Dinner - Week 3 14 th Mar, 4 th Apr & 9 th May	
Monday	Main Dish	Cheesy Pasta	Veggie Bakes in Breadcrumbs	Quorn Dippers with Spaghetti hoops	2022 Spring Vegetarian Menu at North Rigton
	Potato / Sandwich	Potato – Beans or Cheese	Sandwich – Egg or Tuna	Potato - Tuna or Cheese	
	Pudding	Oaty Biscuit & Apple or Yogurt	Grannies Crunch or Yogurt	Fresh Fruit or Yogurt	
Tuesday	Main Dish	Quorn Korma	Vegetable Lasagne	Quorn Mince Chilli & Rice	
	Potato / Sandwich	Sandwich – Egg or Cheese	Potato – Beans or Cheese	Sandwich – Ham or Tuna	
	Pudding	Lemon Drizzle Cake or Fresh Fruit	Shortbread & Yogurt or Fresh Fruit	Flapjack or Fresh Fruit	
Wednesday	Main Dish	Cottage Pie (v)	Vegetarian Sausage	Yorkshire Pudding & Veggie Sausage	
	Potato / Sandwich	Potato - Tuna or Cheese	Sandwich – Ham or Cheese	Potato – Beans or Cheese	
	Pudding	Summer Fruit Crumble & Custard or Yogurt	Rice Pudding & Fruit Compote or Yogurt	Cheese, Biscuit & Apple or Yogurt	
Thursday	Main Dish	Cheese & Potato Roll	Chinese Quorn Noodles	BBQ Quorn Wrap, Wedges & Salad	
	Potato / Sandwich	Sandwich - Ham or Cheese	Potato - Tuna or Cheese	Sandwich – Egg or Cheese	
	Pudding	Fresh Fruit or Yogurt	Iced Pineapple Sponge or Fresh Fruit	Artic Roll & Fruit or Fresh Fruit	
Friday	Main Dish	Homemade Pizza	Veggie Burger	Fish & Chips	
	Potato / Sandwich	Potato - Beans or Cheese	Sandwich – Ham or Cream Cheese	Potato – Beans or Cheese	
	Pudding	Chocolate Crispy or Yogurt	Frozen Yogurt Pot or Fresh Fruit	Sticky Toffee Pudding & Custard or Yogurt	

Name: _____ Class: _____

Week 1 Menu Weeks Commencing: 28th Feb, 21st Mar, 25th Apr & 16th May

Day	Main Meal	Tick	OR	Option (1)	Tick	OR	Option (2)	Tick	Pudding - Option 1	Tick	OR	Option2	Tick
Monday	Cheesy Pasta			Potato with Beans			Potato with Cheese		Oaty Biscuit			Yogurt	
Tuesday	Quorn Korma			Egg Sandwich			Cheese Sandwich		Lemon Drizzle			Fresh Fruit	
Wednesday	Cottage Pie (v)			Potato with Tuna			Potato with Cheese		Fruit Crumble			Yogurt	
Thursday	Cheese & Potato Roll			Ham Sandwich			Cheese Sandwich		Fresh Fruit			Yogurt	
Friday	Homemade Pizza			Potato with Beans			Potato with Tuna		Choc Crispy			Yogurt	

Week 2 Menu Weeks Commencing: 7th Mar, 28th Mar, 2nd May & 23rd May

Day	Main Meal	Tick	OR	Option (1)	Tick	OR	Option (2)	Tick	Pudding - Option 1	Tick	OR	Option 2	Tick
Monday	Veggie Bakes			Egg Sandwich			Tuna Sandwich		Grannies Crunch			Yogurt	
Tuesday	Vegetable Lasagne			Potato with Beans			Potato with Cheese		Shortbread & Yogurt			Fresh Fruit	
Wednesday	Veggie Sausage			Ham Sandwich			Cheese Sandwich		Rice Pudding			Yogurt	
Thursday	Chinese Quorn Noodles			Potato with Tuna			Potato with Cheese		Pineapple Sponge			Fresh Fruit	
Friday	Veggie Burger								Frozen Yogurt			Fresh Fruit	

Week 3 Menu Weeks Commencing: 14th Mar, 4th Apr & 9th May

Day	Main Meal	Tick	OR	Option (1)	Tick	OR	Option (2)	Tick	Pudding - Option 1	Tick	OR	Option 2	Tick
Monday	Quorn Dippers (v)			Potato with Tuna			Potato with Cheese		Fresh Fruit			Yogurt	
Tuesday	Quorn Chilli & rice			Ham Sandwich			Tuna Sandwich		Flapjack			Fresh Fruit	
Wednesday	Yorkshire Pudding & Veggie Sausage			Potato with Beans			Potato with Cheese		Cheese, Biscuit & Apple			Yogurt	
Thursday	BBQ Quorn Wrap			Egg Sandwich			Cheese Sandwich		Artic Roll			Fresh Fruit	
Friday	Fish & Chips			Potato with Beans			Potato with Cheese		Sticky Toffee Pud			Yogurt	