

RUSH COMMON SCHOOL – SUMMER MENU

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Cheese and Tomato Pasta Bake	BBQ Chicken Wraps with Peppers and Onion	Roast Chicken with Yorkshire Pudding	Hot Dog	Battered Fish
VEGETARIAN DISH	Mediterranean Pasta Bake	BBQ Quorn Wraps	Roasted Quorn Fillet	Vegetarian Hot Dog	Jacket Potato served with Cheese or Beans
POTATO & VEGETABLES	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato
DESSERT OR FRESH FRUIT	Strawberry Mouse Or Fresh Fruit	Mixed Fruit Shortbread Or Fresh Fruit	Chocolate Krispy Cake Or Fresh Fruit	Original Flapjack Or Fresh Fruit	Ice Cream Or Fresh Fruit

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WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Cheese and Tomato Pizza	Chicken Burger in a Bun served with Potato Wedges	Roasted Gammon Ham with Yorkshire Pudding	Very mild Chilli con Carne with Rice and Tortilla Chips	Chicken Nuggets
VEGETARIAN DISH	Mediterranean Vegetable Pizza	Vegetable Burger in a Bun with Potato Wedges	Roasted Quorn Fillet	Vegetable Chilli con Carne with Rice and Tortilla Chips	Jacket Potato served with Cheese or Beans
POTATO & VEGETABLES	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato
DESSERT OR FRESH FRUIT Or YOGHURT	Chocolate Mouse or Fresh Fruit	Lemon Drizzle Sponge Or Fresh Fruit	Chocolate and Vanilla Shortbread Or Fresh Fruit	Chewy Oat Cookie Or Fresh Fruit	Ice Cream Or Fresh Fruit

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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Tomato, Pepper and Basil Pasta Bake	Spaghetti Bolognese	Roast Chicken with Yorkshire Pudding	Mild Chicken Curry with Rice and Poppadum	Battered Fish
VEGETARIAN DISH	Mediterranean Pasta Bake	Vegetable Bolognese	Roasted Quorn Fillet	Vegetable Chickpea Curry	Jacket Potato served with Cheese or Beans
POTATO & VEGETABLES	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato	A Selection of Seasonal Vegetables and Potato
DESSERT OR FRESH FRUIT	Orange Flavoured Jelly Or Fresh Fruit	Golden Cornflake Cookie Or Fresh Fruit	Chocolate Shortbread Or Fresh Fruit	White Chocolate and Vanilla Sponge Or Fresh Fruit	Ice Cream Or Fresh Fruit