

School Lunch @ Ribbon












- Enjoy lunches at Ribbon on a **3-weekly rota**.
- For each day choose a **main meal** and a **dessert**.
- Make sure you choose each for each of the **3 weeks**.

Ribbon
Academy



Week 1




























Monday	Tuesday	Wednesday	Thursday	Friday
<p>Toad in the hole</p>  <p>Mashed potato Carrots Broccoli</p>	<p>Pasta bolognese</p>  <p>Garlic bread Sweetcorn Green beans</p>	<p>Roast pork with Yorkshire pudding</p>  <p>Mashed potato Carrots Peas</p>	<p>Chicken curry & rice</p>  <p>Naan bread Sweetcorn Cauliflower</p>	<p>Fish fingers</p>  <p>Chips Peas Baked beans</p>
<p>Cheese pasta salad</p> 	<p>Ham sandwich</p> 	<p>Turkey baguette</p> 	<p>Tuna bun</p> 	<p>Ham & coleslaw salad</p> 
<p>Marble sponge & custard</p> 	<p>Choc ice cream</p> 	<p>Chocolate & mandarin cake</p> 	<p>Jelly & fruit</p> 	<p>Ice cream tub</p> 
<p>Yoghurts</p> 	<p>Yoghurts</p> 	<p>Yoghurts</p> 	<p>Yoghurts</p> 	<p>Yoghurts</p> 
<p>Fresh fruit</p> 	<p>Fresh fruit</p> 	<p>Fresh fruit</p> 	<p>Fresh fruit</p> 	<p>Fresh fruit</p> 



Week 2



























Monday	Tuesday	Wednesday	Thursday	Friday
<p>Big brunch (sausage & bacon)</p>  <p>Potato wedges Baked beans Baked tomato</p>	<p>Sausage roll & gravy</p>  <p>Mashed potato Sweetcorn Mixed vegetables</p>	<p>Roast chicken & Yorkshire puding</p>  <p>Roast potatoes Carrots Broccoli</p>	<p>Cheese & tomato pizza</p>  <p>Potato puffs Sweetcorn Cauliflower</p>	<p>Fish fingers</p>  <p>Chips Baked beans Peas</p>
<p>Cheese Baguette & salad</p> 	<p>Tuna pasta salad</p> 	<p>Cheese & ham bun</p> 	<p>Turkey Sandwich and salad</p> 	<p>Ham wrap with salad</p> 
<p>Arctic roll</p> 	<p>Peach shortcake & custard</p> 	<p>Chocolate banana cake & custard</p> 	<p>Chocolate crispie cake</p> 	<p>Ice cream tub</p> 
<p>Yoghurts</p> 	<p>Yoghurts</p> 	<p>Yoghurts</p> 	<p>Yoghurts</p> 	<p>Yoghurts</p> 
<p>Fresh fruit</p> 	<p>Fresh fruit</p> 	<p>Fresh fruit</p> 	<p>Fresh fruit</p> 	<p>Fresh fruit</p> 



Week 3



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Mince & dumplings</p>  <p>Mashed potato Carrots Cabbage</p>	<p>Fishfingers in a bun</p>  <p>Potato wedges Baked beans Peas</p>	<p>Battered dippers</p>  <p>Roast potatoes Sweetcorn Broccoli</p>	<p>Chicken steak & gravy</p>  <p>Mashed potato Broccoli Sweetcorn</p>	<p>Salmon fishcake OR Fish portion</p>  <p>Chips Peas Baked beans</p>
<p>Ham baguette and salad</p> 	<p>Cheese & ham pasta salad</p> 	<p>Tuna bun and salad</p> 	<p>Cheese wrap and salad</p> 	<p>Turkey sandwich salad</p> 
<p>Shortbread biscuit</p> 	<p>Chocolate fudge cake & custard</p> 	<p>Pancakes & fruit</p> 	<p>Ice cream, waffle & fruit</p> 	<p>Iced fairy cake</p> 
<p>Yoghurts</p> 	<p>Yoghurts</p> 	<p>Yoghurts</p> 	<p>Yoghurts</p> 	<p>Yoghurts</p> 
<p>Fresh fruit</p> 	<p>Fresh fruit</p> 	<p>Fresh fruit</p> 	<p>Fresh fruit</p> 	<p>Fresh fruit</p> 