

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>Pork sausages with mashed potato & gravy</p>  <p>Green beans & sweetcorn</p>	<p>Mince Pie with mashed potato</p>  <p>Carrots & Broccoli</p>	<p>Sausage roll & potato waffle</p>  <p>Spaghetti hoops and mixed vegetables</p>	<p>Chicken curry & rice</p>  <p>Naan bread, carrots and cauliflower</p>	<p>Fish fingers and chips</p>  <p>Baked beans & peas</p>
<p>Cheese pasta salad</p> 	<p>Ham sandwich & salad</p> 	<p>Turkey baguette & salad</p> 	<p>Tuna bun & salad</p> 	<p>Ham & cheese wrap with salad</p> 
<p>Marble sponge and custard</p> 	<p>Ice cream</p> 	<p>Chocolate mandarin cake & custard</p> 	<p>Jelly & fruit</p> 	<p>Shortbread biscuits</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>Bread chicken steak & gravy</p>  <p>Mashed potatoes, mixed vegetables and sweetcorn</p>	<p>Cheese & tomato pizza</p>  <p>Potato puffs, sweetcorn and peas</p>	<p>Roast chicken, Yorkshire pudding & gravy</p>  <p>Roast potatoes, broccoli & carrots</p>	<p>Fish finger and chips</p>  <p>Beans & peas</p>
<p>Cheese baguette with salad</p> 	<p>Tuna pasta salad</p> 	<p>Ham bun with sal- ad</p> 	<p>Turkey sandwich with salad</p> 	<p>Ham & cheese wrap with sald</p> 
<p>Arctic roll</p> 	<p>Peach shortcake & custard</p> 	<p>Chocolate bana- na cake & cus- tard</p> 	<p>Ice cream tubs</p> 	<p>Chocolate crispie cakes</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>Battered dippers & ketchup</p>  <p>Potato waffles, sweetcorn & peas</p>	<p>Fish fingers in a bun</p>  <p>Roast potato, baked beans & peas</p>	<p>Roast pork, Yorkshire pudding & gravy</p>  <p>Broccoli & sweetcorn</p>	<p>Mince & dumplings with mashed potatoes</p>  <p>Broccoli & carrots</p>	<p>Salmon fishcake or Fish portion and chips</p>  <p>Beans & peas</p>
<p>Ham baguette & salad</p> 	<p>Cheese & ham pasta salad</p> 	<p>Tuna bun & salad</p> 	<p>Cheese wrap & salad</p> 	<p>Turkey sandwich with salad</p> 
<p>Ice cream tubs</p> 	<p>Chocolate fudge cake & custard</p> 	<p>Pancakes with banana & toffee</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> 