

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>Peas & carrots</p>	<p>Fishfingers in a bun with spaghetti hoops</p>  <p>Peas & sweetcorn</p>	<p>Breaded chicken steak with a choice of roast potatoes & gravy or tomato pasta</p>  <p>Broccoli & sweetcorn</p>	<p>Mince & dumpling with mash potatoes</p>  <p>Carrots & cauliflower</p>	<p>Fish portion <u>or</u> fish star with chips</p>  <p>Baked beans & peas</p>
<p>Tuna bun & salad</p> 	<p>Cheese pasta salad</p> 	<p>Ham & cheese wrap with salad</p> 	<p>Ham sandwich & salad</p> 	<p>Turkey baguette & salad</p> 
<p>Chocolate & mandarin cake with custard</p> 	<p>Choc ice <u>or</u> apple crumble & custard</p> 	<p>Rainbow sponge & custard</p> 	<p>Arctic roll</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>Dippers with noodles & tomato sauce or waffles</p>  <p>Peas & sweetcorn</p>	<p>Sausage roll, potato puffs & spaghetti hoops</p>  <p>Carrots & green beans</p>	<p>Chicken korma, rice & naan</p>  <p>Sweetcorn & cauliflower</p>	<p>Roast pork, gravy, yorkshire, mash potatoes & stuffing</p>  <p>Broccoli & carrots</p>	<p>Fish finger and chips</p>  <p>Baked beans & peas</p>
<p>Tuna pasta salad</p> 	<p>Turkey baguette & salad</p> 	<p>Ham bun & salad</p> 	<p>Cheese sandwich & salad</p> 	<p>Bacon baguette & salad</p> 
<p>Iced sponge cake</p> 	<p>Cheese & crackers or jelly</p> 	<p>Banana & choc cake with custard</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>Brunch & hash browns</p>  <p>Baked beans, tomato & mixed vegetables</p>	<p>Roast chicken, stuffing, gravy, mash potato & yorkshire</p>  <p>Cabbage & carrots</p>	<p>Beefburger/cheeseburger in a bun with ketchup & potato wedges</p>  <p>Sweetcorn & peas</p>	<p>Pizza & roast potatoes</p>  <p>Sweetcorn & Veg sticks</p>	<p>Salmon fishcake or Fish finger & chips</p>  <p>Beans & peas</p>
<p>Cheese jacket & salad</p> 	<p>Cheese & ham pasta salad</p> 	<p>Ham baguette & salad</p> 	<p>Tuna bun & salad</p> 	<p>Turkey sandwich with salad</p> 
<p>Belgian waffle & ice cream</p> 	<p>Marble sponge & custard</p> 	<p>Pancakes with banana & toffee</p> 	<p>Chocolate fudge cake & custard</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> 