

# 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
<b>Pork sausages with mashed potato</b>  <b>Beans, peas &amp; carrots</b>	<b>Fishfingers in a bun with spaghetti hoops</b>  <b>Peas &amp; sweetcorn</b>	<b>Dippers with potato waffles, noodles &amp; ketchup</b>  <b>Broccoli &amp; sweetcorn</b>	<b>Roast chicken, Yorkshire pudding, mash, stuffing &amp; gravy</b>  <b>Carrots &amp; cauliflower</b>	<b>Fish portion <u>or</u> fish star with chips</b>  <b>Baked beans &amp; peas</b>
<b>Tuna bun &amp; salad</b> 	<b>Cheese pasta salad</b> 	<b>Ham &amp; cheese wrap with salad</b> 	<b>Ham sandwich &amp; salad</b> 	<b>Turkey baguette &amp; salad</b> 
<b>Chocolate &amp; mandarin cake with custard</b> 	<b>Choc ice <u>or</u> apple crumble &amp; custard</b> 	<b>Iced fairy cake</b> 	<b>Arctic roll</b> 	<b>Shortbread biscuits</b> 
<b>Yoghurts</b> 	<b>Yoghurts</b> 	<b>Yoghurts</b> 	<b>Yoghurts</b> 	<b>Yoghurts</b> 
<b>Fresh fruit</b> 	<b>Fresh fruit</b> 	<b>Fresh fruit</b> 	<b>Fresh fruit</b> 	<b>Fresh fruit</b> 



# Week 2



























Monday	Tuesday	Wednesday	Thursday	Friday
<b>Chicken burger in a bun, potato wedges &amp; ketchup</b>  <b>Mixed salad &amp; sweetcorn</b>	<b>Sausage roll, potato puffs &amp; spaghetti hoops</b>  <b>Beans, carrots &amp; green beans</b>	<b>Tomato or cheese pasta bake with garlic bread</b>  <b>Sweetcorn &amp; Pea &amp; carrot mix</b>	<b>Mince &amp; dumpling with mash potato</b>  <b>Broccoli &amp; carrots</b>	<b>Fish finger and chips</b>  <b>Baked beans &amp; peas</b>
<b>Tuna pasta salad</b> 	<b>Turkey sandwich &amp; salad</b> 	<b>Bacon baguette &amp; salad</b> 	<b>Ham bun &amp; salad</b> 	<b>Cheese &amp; ham wrap &amp; salad</b> 
<b>Ice cream</b> 	<b>Cheese &amp; crackers or jelly</b> 	<b>Banana &amp; choc cake with custard</b> 	<b>Iced chocolate fairy cake</b> 	<b>Iced sponge cake</b> 
<b>Yoghurts</b> 	<b>Yoghurts</b> 	<b>Yoghurts</b> 	<b>Yoghurts</b> 	<b>Yoghurts</b> 
<b>Fresh fruit</b> 	<b>Fresh fruit</b> 	<b>Fresh fruit</b> 	<b>Fresh fruit</b> 	<b>Fresh fruit</b> 





# Week 3



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Toad in hole, mash potatoes &amp; gravy</b> 	<b>Chicken curry/ korma, rice &amp; naan</b> 	<b>Beefburger/ cheeseburger in a bun with ketchup &amp; potato wedges</b> 	<b>Pizza &amp; hash potatoes</b> 	<b>Salmon fishcake or Fish finger &amp; chips</b> 
<b>Broccoli &amp; mixed vegetables</b>	<b>Cabuliflower &amp; carrots</b>	<b>Sweetcorn &amp; Mixed salad</b>	<b>Sweetcorn &amp; Veg sticks</b>	<b>Beans &amp; peas</b>
<b>Cheese jacket &amp; salad</b> 	<b>Ham sandwich &amp; salad</b> 	<b>Ham &amp; cheese wrap with salad</b> 	<b>Tuna bun &amp; salad</b> 	<b>Turkey baguette with salad</b> 
<b>Marble sponge &amp; custard</b> 	<b>Belgian waffle &amp; ice cream</b> 	<b>Chocolate fudge cake &amp; custard</b> 	<b>Pancakes, fruit &amp; toffee sauce</b> 	<b>Iced fairy cake</b> 
<b>Yoghurts</b> 	<b>Yoghurts</b> 	<b>Yoghurts</b> 	<b>Yoghurts</b> 	<b>Yoghurts</b> 
<b>Fresh fruit</b> 	<b>Fresh fruit</b> 	<b>Fresh fruit</b> 	<b>Fresh fruit</b> 	<b>Fresh fruit</b> 