

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>Sausage, mash & gravy</p>  <p>Sweetcorn, carrots & vegetable sticks</p> | <p>Fishfingers in a bun with potato waffles</p>  <p>Peas, baked beans & vegetable sticks</p> | <p>Dippers with potato bites & noodles</p>  <p>Carrots, sweetcorn & vegetable sticks</p> | <p>Roast chicken dinner with yorkshire pudding</p>  <p>Mixed vegetable, broccoli & vegetable sticks</p> | <p>Fish portion <u>or</u> fish star with chips</p>  <p>Baked beans, peas & vegetable sticks</p> |
| <p>Cheese wrap & salad</p>  | <p>Cheese pasta salad</p>  | <p>Turkey bun <u>or</u> tuna bun with salad</p>  | <p>Ham sandwich & salad</p>  | <p>Jacket potato with cheese, beans & salad</p>  |
| <p>Chocolate sponge & custard</p>  | <p>Ice cream tub <u>or</u> apple crumble & custard</p>  | <p>Iced fairy cake & orange wedges</p>  | <p>Arctic roll slice</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>Sausage roll <u>or</u> cheese roll with Potato bites</p>  <p>Baked beans, carrots & vegetable sticks</p> | <p>Chicken burger in a bun, potato wedges & ketchup</p>  <p>Sweetcorn, peas & vegetable sticks</p> | <p>Pasta bake with garlic bread</p>  <p>Sweetcorn, carrot & vegetable sticks</p> | <p>Mince & dumpling with roast Potatoes</p>  <p>Mixed veg, broccoli & vegetable sticks</p> | <p>Fishfinger and chips</p>  <p>Baked beans, peas & vegetable sticks</p> |
| <p>Cheese wrap & salad</p>  | <p>Cheese <u>or</u> tuna pasta & salad</p>  | <p>Bacon bun & salad</p>  | <p>Ham sandwich & salad</p>  | <p>Jacket potato with cheese, beans & salad</p>  |
| <p>Ice cream tubs</p>  | <p>Cheese & grapes & crackers or jelly</p>  | <p>Marble cake with custard</p>  | <p>Iced chocolate fairy cake</p>  | <p>Crispie cake <u>or</u> sultana flapjack</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>Toad in the hole, mash potatoes & gravy</p>  <p>Broccoli, mixed vegetable & vegetable sticks</p> | <p>Chicken curry, rice & naan</p>  <p>Sweetcorn, Carrots & vegetable sticks</p> | <p>Beefburger in a bun with ketchup & potato wedges</p>  <p>Sweetcorn, peas & Vegetable sticks</p> | <p>Pizza & potato bites</p>  <p>Sweetcorn, carrots & vegetable sticks</p> | <p>Fishfingers <u>or</u> salmon fishcake & chips</p>  <p>Baked beans, peas & vegetable sticks</p> |
| <p>Cheese wrap & salad</p>  | <p>Ham sandwich & salad</p>  | <p>Ham bun <u>or</u> tuna bun & salad</p>  | <p>Tuna wrap & salad</p>  | <p>Turkey baguette & salad</p>  |
| <p>Pancakes, fruit & toffee sauce</p>  | <p>Belgian waffle & ice cream</p>  | <p>Chocolate fudge cake & custard</p>  | <p>Ice cream tubs with sauce & sprinkles</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>  |