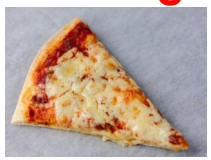
School Lunch @ Ribbon



- 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.

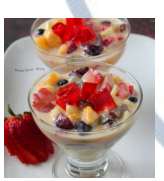
Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Pizza & wedges  Sweetcorn, carrots & Salad bar	Fishfingers in a bun with potato waffles  Peas, baked beans & Salad bar	Dippers with potato bites & noodles  Carrots, sweetcorn & Salad bar	Roast chicken dinner with yorkshire pudding  Mixed vegetable, broccoli & Salad bar	Fish portion or fish star with chips  Baked beans, peas & Salad bar
Egg & tomato wrap 	Cheese jacket potato 	Turkey bun 	Ham sandwich 	Cheese quiche 
Chocolate sponge & custard 	Apple crumble & custard 	Iced fairy cake & orange wedges 	Arctic roll slice 	Fruit Friday 
Yoghurts 	Yoghurts 	Yoghurts 	Yoghurts 	Yoghurts 
Fresh fruit 	Fresh fruit 	Fresh fruit 	Fresh fruit 	

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage roll with Potato bites  Baked beans, carrots & Salad bar	Chicken burger in a bun, potato wedges & ketchup  Sweetcorn, peas & Salad bar	Pasta bolognaise with garlic bread  Sweetcorn, carrot & Salad bar	Mince & dumpling with mashed Potatoes  Mixed veg , broccoli & Salad bar	Fishfinger and chips  Baked beans, peas & Salad bar
Cheese wrap 	Tuna pasta salad 	Bacon bun 	Ham sandwich 	Jacket potato with cheese 
Frozen yoghurt 	Cheese & grapes & crackers or jelly 	Chocolate & banana cake with custard 	Iced chocolate fairy cake 	Fruit Friday 
Yoghurts 	Yoghurts 	Yoghurts 	Yoghurts 	Yoghurts 
Fresh fruit 	Fresh fruit 	Fresh fruit 	Fresh fruit 	

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Toad in the hole, mash potatoes & gravy  Broccoli, mixed vegetable & Salad bar	Chicken curry/ korma, rice & naan  Sweetcorn, Carrots & Salad bar	Beefburger in a bun with ketchup & potato wedges  Sweetcorn, peas & Salad bar	Mince pie & roast poatoes  Peas, carrots & Salad bar	Fishfingers or salmon fishcake & chips  Baked beans, peas & Salad bar
Tuna wrap 	Ham sandwich 	Tuna pasta salad 	Cheese wrap 	Jacket potato & cheese 
Pancakes & fruit 	Jelly & fruit 	Chocolate fudge cake & custard 	Frozen yoghurts 	Fruit Friday 
Yoghurts 	Yoghurts 	Yoghurts 	Yoghurts 	Yoghurts 
Fresh fruit 	Fresh fruit 	Fresh fruit 	Fresh fruit 	