



LUNCH Lyndhurst School

Monday

Tuesday

Wednesday

Thursday

Friday

Everyday

Main

Ham Carbonara
Pasta Bake

Sweet & Sour
Chicken with Stir
Fried Vegetables

Roast Gammon
with Gravy

Spaghetti
Bolognese

MSC Breaded
Fish Fingers with
Tartare Sauce

Salad Bar
Jacket
Potatoes

Meatfree

Cheesy Pasta
Bake

Quorn Stir Fry

Cheese &
Tomato Turnover

Quorn Bolognese

Vegetable
Burger

Jelly

And to
go with

Garlic Bread
Peas

Fluffy Rice

Roast Potatoes
Carrots
Green Beans

Garlic Bread
Mixed
Vegetables

Peas
Beans
Oven Baked
Chips

Yoghurt
Cut Fruit

Pudding

Chocolate
Mousse

Warm
Gingerbread with
Custard

Chocolate &
Beetroot Brownie

Apple Crumble &
Custard

Cherry
Cheesecake



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Weeks beginning 7th Jan / 4th Feb / 4th Mar / 1st Apr



LUNCH Lyndhurst School



Monday

Tuesday

Wednesday

Thursday

Friday

Everyday

Main

Pizza Bar
Pepperoni
Ham

Yorkshire Pudding
filled with
Sausage & Gravy

Roast Chicken
with Stuffing &
Gravy

MSC Fishcake

Shepherd's Pie

Salad Bar

Jacket
Potatoes

Meatfree

Margherita

Yorkshire Pudding
filled with Quorn
Sausage & Gravy

Roasted
Vegetable Pasta
Bake

Cheese
Omelette
(Free Range Eggs)

Quorn Cottage
Pie

Jelly

And to
go with

Garlic Bread
Coleslaw

Baked Beans
Sweetcorn

Roast Potatoes
Carrots
Broccoli

Chips
Baked Beans
Peas

Cabbage
Green Beans

Yoghurt
Cut Fruit

Pudding

White Chocolate
Mousse

Jam Sponge &
Custard

Cinnamon Swirls

Apple Sponge &
Custard

Gingerbread
Biscuits



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Week Two

Weeks beginning 14th Jan / 11th Feb / 11th Mar



LUNCH Lyndhurst School



Monday

Tuesday

Wednesday

Thursday

Friday

Everyday

Main

Chilli Con Carne with Rice

Butcher's Sausages with Gravy

Roast Turkey & Gravy

Jacket Potato Bar
Tuna Mayonnaise
Chicken & Sweetcorn
Mayonnaise

MSC Battered Fish & Lemon Wedge

Salad Bar

Meatfree

Vegetable Chilli with Rice

Quorn Sausages

Cheese & Vegetable Turnover

Cheese Baked Beans

Spanish Omelette

Jacket Potatoes

And to go with

Mixed Vegetables

Mashed Potato
Cabbage
Peas

Roast Potatoes
Carrots
Broccoli

Salad Bar

Oven Chips
Baked Beans
Peas

Jelly
Yoghurt
Cut Fruit

Pudding

Rhubarb Crumble & Custard

Rice Krispie Cakes

Date & Oat Slice

Banoffee Pie

Vanilla Sponge Cake



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Week Three



Weeks beginning 21st Jan / 18th Feb / 18th Mar



LUNCH Lyndhurst School



Monday

Tuesday

Wednesday

Thursday

Friday

Everyday

Main

Macaroni Cheese with Ham

Steamed White Fish with Parsley Sauce

Roast Pork with Gravy

Beef Lasagne

Korma Style Chicken Curry

Salad Bar

Meatfree

Macaroni Cheese

Spanish Omelette

Cheese & Chive Turnover

Quorn Lasagne

Spaghetti with Roasted Tomato & Basil Sauce

Jacket Potatoes

And to go with

Sweetcorn Green Beans

Mashed Potato Sweetcorn Peas

Roast Potatoes Carrots Broccoli

Garlic Bread Mixed Vegetables

Fluffy Rice Sweetcorn

Jelly
Yoghurt
Cut Fruit

Pudding

Lemon Drizzle Cake

Cherry Flapjack

Salted Caramel Cheesecake

Sticky Toffee Pudding with Custard

Chocolate Biscuit



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Weeks beginning 28th Jan / 25th Feb / 25th Mar