High Ongar Primary School's Week Two Menu

Our Daily salad bar offers a wide selection of cucumber, tomatoes, carrots, olives, breadsticks, plain pasta, sweetcorn and more!

Fresh Fruit Available Every Day.

	Main Meal (Red)	Vegetarian Choice (Green)	Also available (Blue)	Dessert
Monday	**Chicken Nuggets** with seasoned wedges and spaghetti hoops	**Plant-Based Nuggets** with seasoned wedges and spaghetti hoops	**Jacket Potato** with Cheese, Tuna Mayo or Baked Beans	Fresh Fruit Organic Fruit Yoghurt Chocolate or Vanilla Ice Cream
Tuesday	Pork **Meatballs in tomato sauce** with pasta	**Three Cheese Pasta** with baby corn	Toasted **Cheese Panini** with side salad	Fresh Fruit Organic Fruit Yoghurt
Wednesday	**Traditional Roast Chicken** with roast potatoes, vegetables, Yorkshire pudding and gravy	**Roast** Quorn **Fillet** with roast potatoes, vegetables, Yorkshire pudding and gravy	**Jacket Potato** with Cheese, Tuna Mayo or Baked Beans	Fresh Fruit Organic Fruit Yoghurt Fruit Jelly
Thursday	**All-Day Breakfast** sausage, hash brown, egg muffin, beans and bread	**Vegetarian All-Day Breakfast** Quorn sausage, hash brown, egg muffin, beans and bread	Toasted **Cheese Panini** with side salad	Fresh Fruit Organic Fruit Yoghurt
Friday	**Beef Burger** in a bun with **skin-on fries** and corn on the cob	**Cheese Swirl with** skin-on fries and corn on the cob	**Jacket Potato** with Cheese, Tuna Mayo or Baked Beans	Homemade School Tray Bake

Healthy lunches to help our children learn, grow and thrive.

Please speak to the school office regarding allergies or special dietary requirements.

Week 2

Sept: 7th, 21st
Oct: 5th, 19th
Nov: 9th, 23rd
Dec: 7th
Jan: 4th, 18th
Feb: 1st, 22nd
Mar: 8th, 22nd

Checked: Reputable suppliers and locally sourced where possible.

Healthy: Meeting school meal nutrition standards

We can cater for most medical dietary needs by prior arrangement.