

MERTON COURT SCHOOL LUNCHES – SUMMER 2025

All meals are cooked fresh on the premises daily. Many dishes include hidden vegetables so the children are eating more than they think!

WEEK 1

<u>MEAT-FREE MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<i>Jacket Potato with Chilli non Carne</i>	<i>Spaghetti Bolognese ~ Vegetarian Spaghetti Bolognese</i>	<i>Selection of Home- Cooked Cold Meats ~ Cheese & Onion Quiche</i>	<i>Homemade Beef Meatballs in Arrabiata Sauce ~ Vegan Meatballs in Arrabiata Sauce</i>	<i>Homemade Breaded Goujons ~ Vegetable Nuggets</i>
<i>Baked Beans</i>		<i>Parmentier Potatoes & Steamed Sweetcorn</i>	<i>Steamed Rice & Steamed Green Beans</i>	<i>Baked Potato Wedges & Garden Peas</i>
<i>Freshly-prepared Salad Bar</i>	<i>Freshly-prepared Salad Bar</i>	<i>Freshly-prepared Salad Bar</i>	<i>Freshly-prepared Salad Bar</i>	<i>Freshly-prepared Salad Bar</i>
<i>Assorted Ice Cream ~ Fresh Fruit / Yoghurt</i>	<i>Chewy Rice Krispie Squares ~ Fresh Fruit / Yoghurt</i>	<i>Homemade Creamy Trifle ~ Fresh Fruit / Yoghurt</i>	<i>Iced Vanilla Sponge ~ Fresh Fruit / Yoghurt</i>	<i>Chocolate Sponge & Chocolate Custard ~ Fresh Fruit / Yoghurt</i>

Our freshly-prepared salad bar includes: Continental lettuce leaves, homemade crunchy coleslaw, homemade potato salad, olives, tomatoes, sliced cucumbers, sliced onions or sweetcorn.

**Wholemeal bread with butter is available at all meals.
All children are encouraged to have salad as part of their meal.**

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WEEK 2

<u>MEAT-FREE MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<i>Cheese & Herb Puff Pastry Roulade</i>	<i>Roasted Lemon & Herb Chicken ~ Roasted Lemon & Herb Vegetables</i>	<i>Lasagne Al Forno ~ Vegetarian Lasagne Al Forno</i>	<i>Freshly Baked Sausage Roll ~ Freshly Baked Cheese & Onion Roll</i>	<i>Mexican Chicken Fajitas ~ Mexican Vegetable Fajitas</i>
<i>New Potatoes & Medley of Vegetables</i>	<i>Creamy Mashed Potato & Steamed Broccoli</i>	<i>Steamed Green Beans</i>	<i>Creamy Mashed Potato & Baked Beans</i>	<i>Vegetable Savoury Rice</i>
<i>Freshly-prepared Salad Bar</i>	<i>Freshly-prepared Salad Bar</i>	<i>Freshly-prepared Salad Bar</i>	<i>Freshly-prepared Salad Bar</i>	<i>Freshly-prepared Salad Bar</i>
<i>Homemade Creamy Forest Fruit Mousse ~ Fresh Fruit / Yoghurt</i>	<i>Fruit Jelly ~ Fresh Fruit / Yoghurt</i>	<i>Chocolate Brownie ~ Fresh Fruit / Yoghurt</i>	<i>Jam Sponge & Creamy Custard ~ Fresh Fruit / Yoghurt</i>	<i>Homemade Shortbread ~ Fresh Fruit / Yoghurt</i>

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WEEK 3

<u>MEAT-FREE MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Macaroni Cheese ~ Tomato & Basil Pasta	Locally Produced Sausages ~ Plant Based Sausages	Homemade Pepperoni Pizza ~ Homemade Margherita Pizza	Katsu Chicken Curry ~ Katsu Quorn Curry	Oven Baked Cod ~ Vegetable & Cheese Bake
Steamed Medley of Vegetables	Creamy Mashed Potato & Baked Beans	Steamed Sweetcorn	Steamed Rice & Fresh Steamed Broccoli	Oven Baked Chips & Garden Peas
Freshly-prepared Salad Bar	Freshly-prepared Salad Bar	Freshly-prepared Salad Bar	Freshly-prepared Salad Bar	Freshly-prepared Salad Bar
Vanilla Bakewell & Creamy Custard ~ Fresh Fruit / Yoghurt	Carrot Cake ~ Fresh Fruit / Yoghurt	Flapjack ~ Fresh Fruit / Yoghurt	Chocolate Tiramisu ~ Fresh Fruit / Yoghurt	Apple Pie & Custard ~ Fresh Fruit / Yoghurt

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