



## Alexandra School - Example three-week rolling menu

<u>Day</u>		<u>Choice</u>		
<b>Monday</b>	Week 1	Quorn meatballs	Wholewheat pasta	Green beans
	Week 2	Potato & spinach curry	Brown rice	Naan bread
	Week 3	Quorn mince lasagne	Mixed vegetables	Garlic bread
<b>Tuesday</b>	Week 1	Jacket potatoes	Chicken Caesar salad or cheese	Salad
	Week 2		Tuna mayo or cheese	
	Week 3		Beans or cheese	
<b>Wednesday</b>	Week 1	Roast chicken or roast Quorn	All the trimmings	
	Week 2	Roast lamb or roast Quorn	All the trimmings	
	Week 3	Roast chicken or roast Quorn	All the trimmings	
<b>Thursday</b>	Week 1	Halal beef burgers or vegetable burgers	Potato wedges	Salad
	Week 2	Sweet and sour chicken	Brown rice	Broccoli
	Week 3	Mediterranean chicken or vegetables with feta	Couscous	Salad
<b>Friday</b>	Week 1	Teriyaki salmon or Quorn	Rice	Pak choi
	Week 2	Scampi or southern fried Quorn bites	Chips	Peas
	Week 3	Fish burger or vegetable burger	Chips	Salad