

SCHOOL LUNCH BOX PLANNER



north east
autism society

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Main
Choice
Week 1**

Gammon Steak



Breaded Chicken
Burger in a Bun



Roast Chicken Breast
Fillets



Deep Dish Lasagna



Breaded Chunky Fish
Fingers



Sides

Boiled Baby Potatoes,
Broccoli and Carrots



Potato Twisters



Roast Potatoes,
Yorkshire Pudding,
Cabbage, Parsnip,
Chicken Gravy



Cauliflower, Brussel
Sprouts



Chips, Baked Beans,
Sweetcorn



**No
Meat
Choice**

Baked Macaroni &
Cheese Pasta



Quorn Roast



Vegetables,
Vegetable Fingers



Quorn Sausage in a
Bun



Cheese and
Vegetable Cakes



**Desserts
50/50**

Strawberry jam Roly-
Poly with low sugar
Custard



Chocolate Brownies



Apple Crumble with
Vanilla Ice Cream



Old School Sponge
Cake with low sugar
Custard



Smooth Butterscotch
Mousse



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**Main
Choice
Week 2**

Penna Pasta with
Sausage Tomato Basil
Sauce



Mince Steak
Dumplings



Roast Turkey Breast
Fillet



Battered Chicken
Bites



Salmon and Sweet
Potato Fishcakes



Sides

Mix Vegetables,
Broccoli



Sweetcorn and
Broccoli



Roast Potatoes, Sage
& Onion Stuffing
Balls, Brussel Sprout,
Carrots



Cheese & Onion
Potato Cakes, Fresh
Salad



Seasoned Crisscuts,
Baked Beans



**No
Meat
Choice**

Potato Leek Cheese
Pie



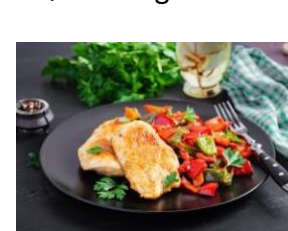
Mediterranean
Vegetable Tatin



Vegan Sausage Rolls



Quorn Vegan Fillets



Vegetable Kiev



**Desserts
50/50**

Chocolate Pudding
with Low Sugar
Chocolate Sauce



Rice Pudding with
Jam



Carrot Cake with Low
Sugar Custard



Jelly and Custard
Trifle Squares



Oreo Doughnut



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**Main
Choice
Week 3**

Oven Baked Pork
Sausage in a Bun



Spaghetti Bolognese
with Mozzarella
Cheese



Mexican Tortilla
Wrap



Braising Steak Pie



Battered White Fish
Fillets coated in
Butter



Sides

Variety of Sauces,
Chips, Fresh Salad



Mixed Vegetables



Potatoes, Peas,
Sweetcorn



Sauteed Potatoes,
Gravy, Carrots and
Green Cabbage



Seasoned Potato
Wedges, Baked Beans



**No
Meat
Choice**

Free Range Cheese
Omelette



Cheese Onion Pasty



Ravioli Vegetable
Dahi



Vegetarian Lasagne



Quorn Bites



**Desserts
50/50**

Marble Cake with
Low Sugar Chocolate
Custard



Oat Biscuits with Milk



Marshmallow Rice
Cakes



Banoffee Sponge
Cake with Low Sugar
Custard



Jam Sponge Cake
with Milkshake and
Low Sugar Custard

