

Lunch menu – week 1 

Monday

Italian style pork meatballs, tomato ragu, garlic bread

Falafel, khobez bread, dips (suitable for vegan)

Minted lamb chops (Halal option available)

Pop up dish/theme day/eat vibrantly theme

Mediterranean potato Sauté courgette, cauliflower

Sticky toffee pudding, toffee sauce

Cookies

Tuesday

Piri piri chicken (Halal option available)

Vegetable fajita (suitable for vegan), dips

Gammon steak, fried egg

Pop up dish/theme day/eat vibrantly theme

Cajun spiced potato Grilled tomato Broccoli Corn on the cob

Jam roly poly, custard

Frozen smoothie

Wednesday

Roast beef, Yorkshire pudding, gravy

Butternut squash roast (suitable for vegan)

Thai chicken curry (Halal option available)

Pop up dish/theme day/eat vibrantly theme

Roast potato Parsnip Carrots Garden peas

Chocolate sponge, chocolate sauce

Yoghurt bar

Thursday

Hand made pork sausage roll

Greek meze (suitable for vegan)

Salmon fillet, herb crust

Pop up dish/theme day/eat vibrantly theme

Sauté lyonnasie potato BBQ beans Leeks sweetcorn

Lemon drizzle cake, custard

Rice crispie cake

Friday

Hand battered haddock

Cod fish fingers Margherita pizza

Chicken and sweetcorn pizza

Pop up dish/theme day/eat vibrantly theme

chips Garlic mushroom Garden peas Sauté courgette

Pancakes with toppings

Spring trifle

Lunch menu – week 2

Monday

Chigwell sausage bar
(Halal option available)

Vegetable hot pot
(suitable for vegan)

Lamb Balti, rice,
pickle, poppadum's

Pop up dish/theme
day/eat vibrantly
theme

Mash potato
Savoy cabbage
Leeks
Broccoli

Dutch style apple pie,
custard

Jam doughnut balls

Tuesday

Crispy sweet chili
pork, egg noodles

Vegetarian burritos
(suitable for vegan)

Beef burritos (Halal
option available)

Pop up dish/theme
day/eat vibrantly
theme

Piri piri potatoes
Steamed bok choy
Stir fry vegetables
Garden peas

Spotted dick, custard

Home made
millionaire shortbread

Wednesday

Roast Essex pork loin,
Yorkshire pudding,
gravy, apple compote

Macaroni cheese

Steak pie

Pop up dish/theme
day/eat vibrantly
theme

Roast potato
Cauliflower cheese
Red cabbage
Roast carrot

Rhubarb crumble,
custard

Chocolate chip
brownie

Thursday

Home made spiced
breaded chicken (Halal
option available)

Onion bhaji (suitable for
vegan), dips

Marinade tuna steak,
mango salsa

Pop up dish/theme
day/eat vibrantly
theme

Spicy wedges
BBQ baked beans
Corn on the cob
Mange tout
Courgette

Lemon meringue

Carrot cake

Friday

Hand battered
haddock

Cod fish fingers

Spicy bean burger

Chicken burger

Pop up dish/theme
day/eat vibrantly
theme

Chips
Mushy peas
Grilled tomato
Sauté mushrooms

Pear tart

Ice cream bar

Lunch menu – week 3

Monday

BBQ chicken breast wrapped in bacon

Vegetable dhansak
(suitable for vegan)

Thai beef massaman
(Halal option available)

Pop up dish/theme day/eat vibrantly theme

Herby diced potatoes
Broccoli
Carrots
Garden peas

Chocolate sponge, chocolate sauce

Flapjack

Tuesday

Beef lasagne, garlic bread (Halal option available)

Wild mushroom vol au vent

Pork chop, mushroom cream sauce

Pop up dish/theme day/eat vibrantly theme

Dauphinoise potato
Green beans
Cabbage
Roast butternut squash

Fruit pie, custard

Jam tart

Wednesday

Roast chicken breast, stuffing, Yorkshire pudding, gravy (Halal option available)

Roast vegetable wellington (suitable for vegan)

Pulled pork on ciabatta

Pop up dish/theme day/eat vibrantly theme

Roast potato
Steamed savoy cabbage
Carrots
Roast parsnip

Jam coconut sponge

Chocolate chip muffin

Thursday

Breaded turkey escalope (Halal option available)

Vegetarian meze
(suitable for vegan)

Lamb kebabs (Halal option available)

Pop up dish/theme day/eat vibrantly theme

Sauté potatoes
Sweetcorn
Broccoli
Leeks

Rice pudding with toppings

Ring doughnuts

Friday

Hand battered haddock

Cod fish fingers

Vegetable pakora, dips

German style hotdogs, bratwurst, sauerkraut

Pop up dish/theme day/eat vibrantly theme

Chips
Garden peas
Grilled tomato
Baby corn

Belgium style waffle bar

Yogurt bar