



IKB Meal Deal Menu

£2.60

Week One

Commencing: 14.09.2020 – 28.09.2020 – 12.10.2020

MONDAY	
Tuna Mayo Baguette Or Quorn Sausage and Onion Baguette and Bottled Water	Pasta with Bolognese Sauce Or Pasta with Tomato and Mascarpone Both with a Side Salad and a Homemade Chocolate Brownie
TUESDAY	
Ham and Cheese Panini Or Cheese and Onion Panini and Bottled Water	Jacket Potato with Beef Chilli Or Jacket Potato with Cheese and Beans and Homemade Flapjack
WEDNESDAY	
Chicken Mayo Wrap Or Egg Mayo Wrap and Bottled Water	Roast Beef, Potatoes, Vegetables and Gravy Or Vegetable Lasagne with Garlic Bread and Homemade Shortbread
THURSDAY	
BLT Bloomer Sandwich Or Cheese & Cucumber Bloomer Sandwich and Bottled Water	100% Beef Burger, Potato Wedges and Salad Or Southern Quorn Burger, Potato Wedges and Salad And a Raspberry Ripple Mouse
FRIDAY	
BBQ Chicken Baguette Or Brie and Chutney Baguette and Bottled Water	Fish, Chips and Beans Or Veg Sausage, Chips and Beans and Home Baked Cookie



IKB Meal Deal Menu

£2.60

Week Two

Commencing: 07.09.2020 – 21.09.2020 – 05.10.2020 – 19.10.2020

MONDAY	
Tuna Mayo Baguette Or Quorn Sausage and Onion Baguette Bottled Water and a Homemade Rice Crispy Cake	Pasta with Meatballs Or Pasta with Bascilico sauce Both with a Side Salad and a Homemade Rice Crispy Cake
TUESDAY	
Ham and Cheese Panini Or Cheese and Onion Panini and Bottled Water and a Blueberry Muffin	Chinese Style Chicken Curry with Rice Or Vegetable Tikka with Rice and a Blueberry Muffin
WEDNESDAY	
Chicken Mayo Wrap Or Egg Mayo Wrap and Bottled Water and an Ice Cream Pot	Roast Pork, Potatoes, Vegetables and Gravy Or Vegetable Chow Mein and Ice Cream Pot
THURSDAY	
BLT Bloomer Sandwich Or Cheese & Cucumber Bloomer Sandwich and Bottled Water	Chicken Fajita Wrap and Herby Diced Potatoes Or Vegetable Fajita Wrap and Herby Diced Potatoes and Homemade Chocolate Marble Cake
FRIDAY	
BBQ Chicken Baguette Or Brie and Chutney Baguette and Bottled Water	Sausages x 2, Chips and Beans Or Veg Nuggets x 3, Chips and Beans and a Home baked Cookie