

LUNCH MENU

The FUTURE of
FOOD

WEEK COMMENCING: TWO

MONDAY

MACARONI CHEESE (1,3)
VEGETABLE TAGINE WITH COUS-COUS (3, 13)
STEAMED SWEETCORN
FRUIT SALAD WITH YOGHURT (1)
FLAVOURED FRUIT TOPPINGS

TUESDAY

TURKEY CHILLI CON CARNE
CHEESE AND VEGETABLE QUESADILLAS (1,3 V)
BASMATI RICE
STEAMED BROCCOLI FLORETS
NACHOS
ORANGE AND POLENTA CAKE (1,3,11)

WEDNESDAY

CREAMY MUSHROOM AND CHICKEN PASTA BAKE
(1,3,13,14)
CREAMY SPINACH AND MUSHROOM PASTA BAKE
(1,3,13,14, V)
ROASTED CARROTS
YOGHURT WITH ASSORTED FRUIT TOPPINGS (1)

THURSDAY

SWEET AND SOUR CHICKEN (3,6,12,14)
SWEET AND SOUR TOFU (3,6,12,14)
BASMATI RICE
STEAMED CABBAGE
SLICED FRUITS
YOGHURT WITH ASSORTED FRUIT TOPPINGS (1)

FRIDAY

MCS WHITE FISH FINGERS (2,3)
VEGETARIAN BEAN BURGER (3,11,13,14, V)
OVEN BAKED CHIPS
MINTED PEAS
CHOCOLATE CAKE (1,3,6,11)

EVERYDAY

JACKET POTATOES, YOGHURT, FRESHLY SLICED FRUITS, SLICED BREAD, GRATED CHEESE.S

CHILDREN WITH ALLERGIES OR INTOLERANCE, WHERE POSSIBLE, ARE GIVEN AN ALLERGEN FREE VERSION OF THE DISHES

Allergen Key: 1. Milk, 2. Fish, 3. Gluten, 4. Peanuts, 5. Tree nuts, 6. Soya, 7. Sesame, 8. Lupin, 9. Shellfish, 10. Molluscs, 11. Egg, 12. Sulphite, 13. Celery, 14. Mustard
MENU IS SUBJECT TO CHANGE SHOULD INGREDIENTS BE UNAVAILABLE