

LUNCH MENU

WEEK COMMENCING: 19.02, 11.03, 01.04, 22.04, 13.05, 03.06, 24.06.



MONDAY

Pasta Arabiatta
with olives, red kidney beans and basil
(wheat)
Carmelised onion and broccoli tart
(egg, wheat, milk)
Popcorn cauliflower
Greek style yoghurt with fruit toppings
(milk)
Sliced fruits

TUESDAY

Chicken Shawarma
(milk)
Megadarra lentil rice
Middle eastern flat bread
(wheat)
Five beans stew
Roasted carrots
Selection of freshly sliced fruits
Greek style yoghurt
(milk)
Assorted fruit toppings

WEDNESDAY

Spring and lentil lamb keema
Steamed basmati rice
Naan bread
(milk, wheat)
One pot chickpea
Cucumber and mint raita
(milk)
Steamed greens
Coconut and jam sponge
Yoghurt & strawberry topping
(milk)
Selection of freshly sliced fruits

THURSDAY

Chicken casserole
Herb and garlic roasted potato
Classic ratatouille
Steamed broccoli florets
(egg, milk, wheat)
Fruit salad
Yoghurt and apple compote
(milk)

FRIDAY

Fish & chips
(fish, wheat)
Oven baked chips
Mixed vegetable frittata
(milk, eggs)
Marble cake
(wheat, egg, milk)
Selection of freshly sliced fruits
Greek style yoghurt with fruit toppings
(milk)

EVERYDAY

Homemade bread
Crudites sticks
Salad bar
Selection of sweet and jacket potatoes
Selection of fruits

AllergenKey: 1.Milk, 2.Fish, 3.Gluten, 4.Peanuts, 5.Treenuts, 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

