

# LUNCH MENU

WEEK COMMENCING: 04.03, 25.03, 15.04, 06.05, 27.05, 17.06.



## MONDAY

Classic Mac'n Cheese  
(wheat, milk)  
Cauliflower steaks and lentil ragu  
Steamed green beans  
Greek style yoghurt  
(milk)  
Freshly sliced fruits

## TUESDAY

Madras chicken curry  
(mustard)  
Chickpea and lentil curry  
(soya, mustard)  
Steamed rice  
Naan bread  
(milk, wheat)  
Caramelised carrots  
Yoghurt&fruits  
(milk)

## WEDNESDAY

Jacket and sweet potato bar  
Turkey and mixed beans ragu  
Rainbow coleslaw  
Quorn and mixed vegetables ragu  
Baked beans  
Flapjack  
(wheat, milk)  
Yoghurt&fruits  
(milk)

## THURSDAY

Italian beef meatballs in tomato sauce  
(wheat, sulphites)  
Penne pasta  
(wheat)  
Gnocchi in red pepper and mascarpone sauce  
(wheat, milk)  
Crunchy broccoli  
Selection of freshly sliced fruits  
Greek style yoghurt  
(milk)  
Assorted fruit toppings

## FRIDAY

MCS Cod fish fingers  
or  
Breaded cod fillets  
(fish, wheat)  
Oven baked chips  
Steamed peas  
Sweet potato shakshuka  
(egg)  
Glendower mess  
( egg, milk)  
Greek style yoghurt & sliced fresh fruits  
(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\*

