

Lunch Menu

Week 1



Monday

Main
Mediterranean
Vegetable Cous Cous
G

Vegetarian
Vegetable Chow Mein
So, G

Carbohydrate
Pasta/Rice
G

Vegetables
Seasonal Vegetables

Dessert
Fruit Selection or
Cheese & biscuits or
fruit yoghurt
G Mk

Tuesday

Main
Jerk Chicken

Vegetarian
Roasted Jerk
Vegetables

Carbohydrate
Jollof Rice

Vegetables
Seasonal Vegetables

Dessert
Fruit Selection or
Cheese & biscuits or
fruit yoghurt
G Mk

Wednesday

Main
Asian glazed salmon with
stir fried Chinese
vegetables
F, So

Vegetarian
Macaroni in three
cheese sauce
Mk, G

Carbohydrate
Roasted Garlic Mash

Vegetables
Seasonal Vegetables

Dessert
Pudding of the Week

Thursday

Main
Spaghetti Bolognese
G

Vegetarian
Vegetable Lasagne
Mk, G

Carbohydrate
Pasta
G

Vegetables
Seasonal Vegetables

Dessert
Fruit Selection or
Cheese & biscuits or
fruit yoghurt
G Mk

Friday

Main
Tex Mex Beef Burger
G, Su

Vegetarian
Veggie Burger
G

Carbohydrate
Seasoned potatoe
wedges

Vegetables
Seasonal Vegetables

Dessert
Fruit Selection or
Cheese & biscuits or
fruit yoghurt
G Mk



* All allergy concerns are catered for, please speak to our catering manager for more information

Allergens						
Ce Celery	F Fish	Mk Milk	N nuts	So Soya	E eggs	Mu Mustard
Cr Crustacean	G Cereals (Gluten)	Mo Molluscs	P Peanuts	Su Sulphur dioxide	L Lupin	Se Sesame Seeds