

Lunch Menu

Week 2

Monday

Main

Jacket potato with tuna or beans or cheese

E, F, MK

Vegetarian

Quorn and lentil moussaka

G, E, Mk

Carbohydrate

Potatoes

Vegetables

Seasonal Vegetables

Dessert

Fruit Selection or Cheese & biscuits or fruit yoghurt

G Mk

Tuesday

Main

Ayamase African Beef stew

Vegetarian

Cauliflower, bean and spinach curry

Carbohydrate

Seasoned Rice

Vegetables

Seasonal Vegetables

Dessert

Fruit Selection or Cheese & biscuits or fruit yoghurt

G Mk

Wednesday

Main

Sausage and spiced potato wedges with onion gravy

G

Vegetarian

Veggie Sausage Rolls

G

Carbohydrate

Mashed Potato

Vegetables

Seasonal Vegetables

Dessert

Pudding of the Week

Thursday

Main

Chicken curry in coconut

Vegetarian

Veggie noodles in tomato sauce

G

Carbohydrate

Steamed Rice

Vegetables

Seasonal Vegetables

Dessert

Fruit Selection or Cheese & biscuits or fruit yoghurt

G Mk

Friday

Main

Fish on Friday

F, G

Vegetarian

Veggie Nuggets

G

Carbohydrate

Spicy Potato 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 |